



Attraction  Methods

SOCIAL MASTERY

Social Mastery

2nd Edition

By Magic

(Manish Singh)

Attraction Methods

www.attractionmethods.com

SOMETHING TO CONSIDER BEFORE READING

This book is a collection of what you need to know to get your dating life on a new level. However, it is an entirely different thing to use these principles and APPLY them properly.

That's where live training is vital. It's why I get phenomenal results with my clients. That's why they refer me to their friends. That's why most of my clients are by word of mouth. I get results. I get results for you FAST. I know how to instantly apply this material to your life.

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KARMA WARNING

Beware: Karma is a bitch! All my readers should pay utmost attention! My teachings are not meant to be used to manipulate women. I neither teach nor condone any acts of deceiving or cheating on women. The goal of these lessons is to learn how to become more desirable and alluring to achieve the result of attracting women.

Remember: *If you lie or cheat karma brings it back to you two-fold or more!*

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About The Author & Book



Born and raised in India, Magic (Manish Singh) moved to the United States in July of 2000. He has spent countless hours and resources to master the art of socializing and instant seduction. Magic is a professional dating coach with a passion for filmmaking.

Magic has developed the comprehensive guide on how to meet women, how to develop instant, sustaining chemistry and how to guide social situations so that your dating goals are met – each and every time! This book has helped hundreds of men accomplish their dating goals. Stay focused and apply the knowledge from this book. Soon your life will change for good.

Acknowledgments

I am a believer. Every part of my being - the person I have become, the successes I have had, the strength I exhibit - has been given to me by my Divine Power. The Divine Power has paved the road before me to make all of my dreams come true and has allowed me to attain a happiness I have never known. It is important to take the time to acknowledge the power

that fuels your life, whatever that may be. I encourage you to voice this every day to your own Divine Power.

It is impossible to list all those who have made this book possible but I do want to mention a few names outside of my family:

Jeremy: I would have never walked this path had you not motivated me! Thank you for believing in me and for pushing me! I also dedicate the videos in this book to you. It was your idea to incorporate them and doing so has made the content much better.

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To all my friends whose names were not mentioned: Know that your contribution is valued no less than anyone else's. I did not mention your name here either for privacy reasons or because I felt that if I did the list would run for hundreds of pages. I want you to know that I will always appreciate your love and support!

Preface

Life has not been the same since I moved from India to America in July of 2000. My dating life all but halted. I have to admit, while living in India I wasn't much of a social person and had entered into a relationship when I was very young.

Both of these factors did not do much to help grow the skills I needed to attract women, but I wasn't driven to change it as the social network was working in my favor. After moving to the US however, the things that helped me in India no longer applied. It has taken years of hard work, personal pain and perseverance to become the Social Master I am today.

My goal in writing this book is to share the knowledge I gained and save others from painful experiences, to help my fellow man. The experience and techniques I will share or disclose in this book will help you successfully date beautiful women regardless of your race, age, class or experience. You have my years of hard work in the next few pages, and by trial and error, I have discovered what works and what does not. I have put in a lot of effort to ensure this book is of the highest standards.

The information provided in these pages is all you need to successfully start dating beautiful women. There is a very large amount of material given in a condensed format so my

recommendation is to only read one or two chapters per day, maximum. I will prompt you when it is time for a break. Take the time to absorb the information before moving on to the next chapter. If you can't retain every ounce of the material it will be of no use.

I would highly recommend after you read a chapter to write a paragraph with your thoughts, or write few lines on a piece of paper. You may also choose to keep a journal. There is a strange connection between mind and body; when you put your thoughts to paper they become part of you. You will be given specific writing exercises as you move through the material and it is recommended that you do them after finishing each chapter.

Finally, go out in the field and PRACTICE – PRACTICE – PRACTICE. Once you have done this, PRACTICE some more!

Based upon my experiences and those of my students, it is my belief that if you read this book, and make the information part of your being, then go out and practice that you will experience life-altering benefits.

How To Use The Material In This Book

This book is written to teach you how to approach women and lead them to having sex with you within 30 minutes of meeting them. In order for you to be able to generate attraction

and accomplish your goal you will have to go through rigorous training – training to mold yourself into a guy that every woman wants to be with.

You will need to master the skill set to read women's minds and body language. You will have to perfect the art of presenting your true self so that women find themselves attracted to you. You have to practice getting sexual with women in a manner that they enjoy. Finally, you will need to learn how to calibrate so you can control and lead interactions with women to guide them to your desired direction.

Furthermore, not every guy is looking to meet and have sex with women in this time frame. I will provide the necessary information for those who want to go on dates and experience the more traditional approach of dating.

In the early part of the book I will start by training you on different aspects of seduction. There are exercises at the end of every technique, skill set or message so you can practice and master that area of the seduction process. Once you have discovered these skills within yourself and mastered each step, in the last chapter of the book, I will tie everything together and lay out the technique to approaching women and having sex with them in under 30 minutes.

Introduction

Social Skills are vital, not only to meet women, but to fare well in almost every aspect of life.

People who are socially calibrated get hired more quickly and receive special treatment that wouldn't be made available to others under similar circumstances. There are numerous studies that support these ideas.

Throughout my adult life I have never filled-out a single job application and have never been to an interview, yet I have always managed to get the job I wanted. Isn't that amazing? My strategy is simple:

- Be social
- Meet the right people
- Calibrate social situations effectively

By using those three skills you will get what you want.

You must be thinking, “Why is he talking about getting a job when this book is supposed to teach me how to meet and seduce beautiful women?” The answer is very simple: If you don't have the skills to get the job you desire – on your terms – there is no way you can get the beautiful woman who has the ability to choose millionaires or ‘hot shots’.

Seducing women requires more than just approaching her with some magical line or waiting for that cosmic time to initiate the kiss. Seducing women and becoming a master seducer require a combination of skills and traits.

Growing up, I remember watching a film called “The 36th Chamber of Shaolin .” It is the story of an ordinary man who takes asylum in the Shaolin Temple with the desire to learn Kung Fu and fight the oppressors. Throughout the first half of the movie he is simply lifting heavy buckets of water and doing regular chores. It did not make sense to him why he had to perform these tasks – and it didn’t make sense to me, either. Throughout the movie the reason was revealed: He was made to do those chores to strengthen his core muscles, the core muscles necessary to learn and master Kung Fu.

A few months back I took a class in circus gymnastics. The first few weeks contained nothing but strengthening exercises – but, this time, I knew why. I went along with the teaching and the result was when I was finally on the trapezium I was just fine! I had built the core muscles I needed to be successful.

When I was a child in India, I refused to listen to my sports coach and never liked to warm up. The coach wanted me to play so badly he never enforced this very important precursor to exercise. As a result, I ended up badly hurting my back. I had to sleep on floors for

months to heal, only to ultimately give up on playing the sport. I had been away from it so long I lost interest.

Lesson: If you do not warm up or practice, you can ultimately get hurt. If you don't practice dating for an extended period of time, you lose precious time, experience and opportunity.

Dating is a skill just like any other and must be practiced to retain quality.

In this book, I will list a series of exercises. On the surface these exercises will feel as though they have nothing to do with meeting and attracting beautiful women, but I assure you, I will neither waste your time nor mine by asking you to do something unnecessary to your goal.

REMEMBER: YOUR SUCCESS IS MINE!

It is in my best interest to hand you what works given that it reflects badly upon me if you fail. It is your responsibility to practice. In doing so, you master the skills that will help attract and seduce beautiful women.

Items To Remember

When it comes to dating and women, men have been victims of myths, traditions or false beliefs all of their lives. Some of these have been created by various societies as a social control tool. Others have been developed as a result of individual personality, culture or

environment. Because these dating protocols are different among cultures, what's sexy to one is not sexy to another. What's appealing to one is very unattractive to another.

The interesting thing to note is that even despite these different values, our biological response across every culture is the same – the desire to find a mate. It is present in every culture. What may be surprising to some is the fact that seduction methods do not change, however, what does change are the tools.

Different societal and cultural values can easily be reconciled because they lead to the same common goal across cultures – the desire to find a mate. For example, in western societies men generally find slim girls more attractive, whereas in third world countries, the larger woman is more desirable. I was told all my life, “Eat and grow big.”

In my culture being skinny was a sign of poverty and people assumed your family did not possess enough resources. In the West, where resources are not a problem, only people with less obligations or an easy lifestyle can work out to stay in shape. The conclusion is that they must be resourceful enough and prosperous enough to take time off to stay in shape. In these two examples the search for an economically successful partner has opposite criteria.

If you are an American history buff, you may recall reading early American history. During this time men were told not to have sex before marriage. Additionally, in order to get

married the man was required to have a stable income to provide for his wife and children, which was obviously a tool to encourage stability and responsibility. Thanks to the invention of condoms, that argument does not hold any water in present times; but if you look at Third World countries, such thinking and practices are still the primary ingredients of the social fabric. Survival is hard and is the only way to motivate men to earn money to support their family.

I mention this because I want you to realize that many of our values have no contemporary inherent morality to them. They have been passed from one generation to another largely without anyone questioning them. Men and women are victims to these norms. In order for us to succeed, we need to look at these values with a different eye and approach them differently. This is what successful men do. Read the book *Think and Grow Rich* by Napoleon Hill¹ as an outstanding resource. In his book, Hill has a chapter where he talks about having your sexual needs met in order to succeed. Ask Bill Clinton-- he would concur.

My best advice to you is to hold your judgments and fears when you approach the subjects and exercises outlined below. Put the ideas and methods into practice for at least for a month before you pass judgment. Going in half-heartedly with nervousness, fear and insecurity will guarantee failure. Remember Yoda from "Star Wars"² ? As part of Luke's training, he was

¹ Hill, Napoleon, *Think and Grow Rich* (Ingram Publisher Services October 30, 2004) ISBN-13: 978-1585424337

² Lucas, George, "Star Wars", dir George Lucas, 1977

tasked by Yoda to pull the spaceship out of the swamp using energy generated from his brain. Luke agrees by saying “I’ll try,” to which Yoda responds, “Do it or do it not.” Remember this ultimate key to success! If you believe it works and you move forward wholeheartedly, there is nothing that can stop you from achieving success!

Meeting and seducing beautiful women is not just a skill set, but a lifestyle. Once you incorporate into your life the new rules presented in this book, seducing beautiful women will be just as easy as driving a car while listening to music and being distracted with your own thoughts. This is not something that will happen over night, but if you practice my teachings, you will be dating beautiful women within weeks. The art will take time to master.

In this book I will illustrate the characteristics of men that make them desirable to women. Additionally, I will provide exercises to allow you to become that desirable man. Finally, I will reveal all the steps to successfully meet and date beautiful women.

My Story

I am no celebrity. I am neither Casanova nor Don Juan, but I share the same passion as them when it comes to enjoying the company of women. I am not even a “pick up artist”. I am an ordinary man like you who is still trying to make a place for himself. I continue to work to accomplish my personal and professional goals.

I am a man who loves women and thoroughly enjoys their company. I am not writing this story to brag about how cool I am or how many women I have “scored” with. I am hoping that after reading my journey, you will be convinced that if I can change myself to make it happen for me, there is no reason that you can’t make it happen for you too!

The secrets I will share worked for me – and they will work for you. I share my story in the



hopes that it will motivate you to make something happen for yourself, to make the changes like I did. I have firsthand experience of the pain of not being able to get any dates with women. It is my wish that no man go through what I experienced. Continue reading and put into practice what you learn and I promise you things will change - and change for good.

I moved from India to North America in July of 2000. Here are photos of what I looked like when I arrived here.

I faced numerous challenges when I arrived. I had no social skills to assist me with assimilating into this new environment. I only became friends with those who approached me or with whom I spent a lot of time in a classroom. Thank God I was a student so that I could be placed in situations that helped me make friends! I was very shy and would sit in a corner when I'd go to a party or a social event and would not make friends. I would only talk to people with whom I already knew and felt comfortable. As a result,



I rarely went out and always felt lonely or as though I was different from everyone else.

You can only guess how my dating life played-out. If I can't make friends with guys and girls in a social scene, there is no way I am sleeping with the beautiful girl I saw at the bar, shopping mall or anywhere else.

Sometimes I gathered courage to ask girls out, after I had already become friends and it felt safe. The end result was always me embarrassed after they rejected me or them saying they just wanted to be friends. Occasionally I would have girls ask me out, only with the intention

of finding out what it was like to date an Indian man. My neediness drove them away faster than a formula car.

I posted ads on the Internet. I would drive for three hours to meet weird, unhealthy women and always wound up feeling disappointed. I would buy \$4000 diamond bracelets and other expensive presents hoping she would fall in love with me. I took girls on expensive vacations to places like Las Vegas only to find them sleeping with other guys while I sat in the next room watching “Crouching Tiger, Hidden Dragon”³. I took them on helicopter rides. I bought dozens of books from the Internet on how to date women, brought them flowers and became the nice guy like the books advised, but nothing worked.

I was extremely depressed and couldn't admit it. I was afraid it would make me feel like less of a man and I would become vulnerable in the eyes of people. I could not risk losing my worth in the eyes of people around me however low I might be. I kept making excuses as to why I didn't want to date or why I did not like the girl who was sitting by herself bored out of her mind. My misery continued to grow. I would cry night after night! My self-esteem was at an all-time low.

In my mind, every other guy was far better than me. I saw my race, the color of my skin and my accent as a curse. In my mind, I reasoned that I could never compete with the tall,

³ Hui-Ling Wang, “*Wo hu cang long*”, dir Ang Lee, 2000

blonde, blue-eyed guys. I concluded that my race and my class were responsible for my unhappiness. I became resolved to my fate and had acknowledged that it would be me and 30 minute clips of Jenna Jameson for the rest of my life. As funny as it sounds today, I remember days when I used to cry watching porn! I can assure you there was nothing funny at the time. I had reached the conclusion that this is how my life is going to be in America: Single, no girls, no intimacy, no companionship and no SEX!

Then one day while I was visiting Monterey Bay Aquarium, I saw an ethnic man with a gorgeous blonde. At that moment it hit me: If he can do it, why can't I? I immediately realized that my failure with women had nothing to do with my race, class or accent! This was a life-changing moment, a moment of epiphany.

Suddenly I questioned my long-held belief system, including the idea that women only like tall blonde, blue-eyed guys. If what I had known previously were true, this ethnic man would not be with this beautiful woman. It was at this point that I realized the problem was not with my color or accent, but with my SKILLS. The epiphany was not a cure. I was still insecure and had to reassure myself that what I saw was not a woman who was blind and unaware of the man she was with.

Let me assure you, there is truth in the saying that we only see what we want to see. Until then, I could only see women with really hot white guys; but once I realized the untruth, I

started to see the opposite everywhere I looked. This was good news! There was hope for me, but I just had to get rid of the glitches in my psyche that were preventing me from enjoying the company of these women.

I had to become one of those guys.

The first thing I had to do was admit to myself that I needed to make some changes. I needed to establish a commitment to learn skills. I started by handing a questionnaire to my friends and acquaintances. I wanted to learn about the impression I made on other people. Believe it or not, half of my friends thought I was crazy and stopped talking to me. It didn't bother me – I was too focused. Oddly enough, the friends who initially stopped talking to me then, now call me regularly for dating advice.

After I made the commitment to start learning, I changed my appearance, which improved my situation drastically. One reason for my earlier dilemma was that we all grow up learning about image and identity through the media. When a man or woman does not know you,



the initial impression they get about you is from what they have learned about people based on media stereotypes. This can also be formed from their own life experiences, culture, or other influences. It is very important to choose a look that works for you, which will be discussed in a later section. It took me some time to find the right look, and I have experimented with many. Below are a couple of pictures:

At this point I had already started my self-education. I read books on almost every subject from human evolution to Psychology. They ranged from Kama sutra to human anatomy. I got into counseling and I went for hypnotherapy. I read books specifically written by the seduction community. I attended seminars and hung out with the biggest names in the seduction community. I personally witnessed and learned from some of the world's greatest “pickup artists” like Mystery (VH1’s The Pickup Artist) and Brad P. I became friends with dozens of girls and picked their brains. I took counseling to deal with my inner issues. I started going to the gym and tried new sports such as fencing, gymnastics & racecar driving. It was a new life – a new me. I had never been so happy!



Above all, I practiced. I took chances and sometimes made a fool of myself but I never gave up. I practiced some more. Over time I was dating multiple women and moved into the world of threesomes. Throughout it all I never lied or cheated on any woman. I always made sure they knew my intentions and personality from the very beginning, and it never bothered them. The women I dated were healthy, with no drama.

Things changed for me. Now I had the power to choose who I wanted to be with. I have now dated some of the most beautiful women on the planet. I am the same guy with the same accent and same skin color before the life-changing day at the aquarium. What is now different about me is my skill set with people. I can approach and attract almost any woman, anywhere.

I am writing this book so none of you have to go through the long and painful learning process that I had to go through. In this book I will hand you the tested method of becoming a social master. The material presented will reduce your learning duration to half of the time I had to spend. There is no Magic Bullet that will make you a seduction master in a day. It takes time and practice. Just ask yourself: Is it too much to invest six months of your life practicing skills that can result in relationships with beautiful women and/or regular threesomes? You never have to spend a night feeling alone by yourself.

After reading my story, I hope you realize that, with some effort, anyone can succeed and become a social master. If there is one thing you get out of this book, it should be, "Try, try and try again, and you will succeed. Yes - you can." I don't care what method attracts you, whose words influence you the most, or if you simply decide to spend years learning on your own. DO IT!

Don't postpone!

Don't delay! Life is too short and every day lost is one less day you could have enjoyed the company of a beautiful woman.

NO GUTS
NO GLORY

No Guts No Glory!

The sentence sums it up! The biggest barrier holding a man back from succeeding with beautiful women is a fundamental lack of guts in approaching the woman they desire. One of the most important things a woman is attracted to is guts in a man, a display of confidence. This is not about physical dominance, so don't run out and start fights to show who's boss. That's not what I am talking about here.

We often limit ourselves from going after the woman we desire. We hide under excuses:

“She probably has a boyfriend.”

“I don't look good right now.”

“She is with friends.”

“I would appear needy if I approach her.”

“My approach didn't work last time.”

“Why would she go out with me?”

“I am not her type.”

“If she rejects me everyone will see and I will be embarrassed.”

You cannot predict what is going to happen so all of these excuses are merely because you feel uncomfortable. You do not want to be pushed outside of your comfort zone.

This *lack of confidence* will prevent you from having the guts it takes to approach her.

Yes, it is possible that one of the above might have an effect on the outcome. She may or may not be attracted to you but the only way to find out is by approaching her. If you do not approach her you will never get the girl, but by approaching her you at least give yourself a chance. You never know, you just might be the guy she has been waiting for all her life.

Have you ever read Nancy Friday's [My Secret Garden](#)⁴?

Women are attracted to strange things just like men. What you think of as a limitation might just be what turns her on.

Deep down inside you know that I am right. You know that the sole reason why you hesitate to approach women is because you feel less confident about yourself. You do not want to be pushed outside of your comfort zone. You do not feel confident that you have what it takes to attract and seduce women. You are afraid to learn the hard way. This is understandable and every man has suffered these hesitations at some point in his life. But don't worry! By

⁴ Friday, Nancy, *My Secret Garden* (Pocket February 5, 2008), ISBN-13: 978-1416567011

the time you are done reading and incorporating the techniques I give you in this book you will have every skill to seduce women. You will feel confident about yourself.

Women will always test you. At times they will play hard to get or send you mixed signals. They will send convoluted messages to gauge your reaction. Your confidence will be tested at various points along the way. Your guts to take control of the situation will make or break the deal for you.

One thing I cannot give you is guts. I cannot go out and practice for you and I cannot push you outside your comfort zone. You – and only you – can do that! I will give you exercises and steps that will make it easy for you. I will help you bypass embarrassing steps. You and only you can make it happen.

Exercises For When You Are Feeling Unsure

Every time you feel lazy or hesitant do the following: ask yourself, “What’s the worst that could happen?”

Too often, we place excess importance on potential problems. We all have a certain amount of energy, so let’s apply it to creating extraordinary relationships, advancing our careers and

meeting our goals INSTEAD of wasting energy worrying, take action on those things you have control over and minimize risks for what you don't, then invest your energy wisely.

When doing something for the first time imagine that you have already done it in the past. Visualize. Close your eyes then vividly imagine yourself succeeding wildly at what you are going to do, even if you're attempting it for the first time. The mind does NOT know the difference between something VIVIDLY imagined and something real. Incorporate all five of your senses to increase the imagined detail.

Use the "as-if" frame. I literally love this frame of mind. Act "as-if" you have already succeeded. If you were confident, how would you be acting? How would you be moving? How would you be speaking? What would you be thinking? What would you tell yourself inside? By asking yourself these questions you are literally forced to answer them by going into a confident state. You will then be acting "as-if" you are confident. If you continue to force yourself into this frame of thinking, your mind will follow. It will soon become second nature, a habit, and you will no longer have to act.

Place your mind into the future. Is what you're about to do *really* that big of a deal? What is the worst that can happen? This might be a bit morbid yet it works tremendously well. Imagine yourself on your deathbed looking back over your life. You are surrounded by your friends and family. You're reviewing your life. Is what you're faced with now even going to

pop-up? That's highly unlikely. If you keep things in proper perspective it will greatly reduce fear.

Getting What You Want

You lose out on 100% of opportunities you never attempt.

To get what you want – ask for it. I fully believe that if I ask enough people for whatever I want I can get it. This is not necessarily true and yet it's a useful belief. As you think about your goals and what you desire, decide how effective would it be for you to believe that all the people out there want to help you if you only ask? Whether that is true or not in the “real world” does not matter. If you find that belief empowering I invite you to adopt it as your own.

Disarm the nagging negative internal voice that holds you back. When it starts to play, imagine that it has a volume control and turn the knob down to silent. How about changing the internal voice to Mickey Mouse? Do you think you could take Mickey Mouse seriously if he were criticizing you? The point is to disarm the voice by altering the way it nags at you. If I hear my own voice nagging me, it stops me. If I hear a clown voice, I laugh and continue onward.

I used to be afraid to take chance, afraid of making a move, until someone very close to me died. Lying on his death bed he could not speak. He didn't even have the strength to tell his doctors that there were ants in his clothes biting him. He attempted to communicate this to us through his actions but we could not understand what he was trying to tell us. We didn't understand what he was trying to say until we accidentally discovered them. A few minutes before dying he somehow gathered strength and called to me. His last words were "Live your life and make all your dreams come true. Keep working and you will succeed." I was deeply touched by his words. This man could not gather the strength to save himself from pain but instead used his last bit to relay his message to me. It is my belief that he did this because he lived most of his life sacrificing today for tomorrow and died without living the tomorrow about which he dreamed.

Thereafter this day every time I hesitate to do something out of fear, laziness, or other action-ceasing emotion, I remind myself that someday, minutes before my death, I do not want to beat myself up for missed opportunities. I do not want to regret not taking action to live my tomorrow. I live my life with no excuses and do not worry about what other people think of me. I know it is *my* life and all consequences, good or bad, are mine to experience. I'd rather live happily and let people hate me than die sad and angry and have people pretend to love me. The way I see it, "As long as I am not hurting anyone else, it is not their business to tell me how to live my life."

After that day I have faced my fears. Growing up I had many: I could not drive fast, was afraid of heights, feared flying and feared water. I took formula car racing to face my fear of driving fast. I went sky diving to face my fear of heights. I went free diving and scuba diving to face my fear of water. I took them head-on to combat them. Every few months I try a new activity to push myself out of my comfort zone. The results include feeling more accomplished, more confident and more appealing. All of the new experiences makes me more interesting, better-rounded, and provide me with the ability to have a wider range of subjects to have great, well-informed conversations with people. It helps maintain my attitude of fearlessness.

My advice to you: Become this person. Live like you are dying. There is no tomorrow – only today. Go out and practice. Don't worry about people thinking you are weird when you begin. Turn down the volume and silence your inner voice. If anything, that voice should say, “Go and do it!” The sooner you start, the sooner you will reach your destination. I promise you there is no moment as happy as the one when you accomplish your goal.

Imagining Your Future

Imagine your future and visualize it every day.

See, hear, feel, smell, and taste the moment when you realize your goal. See, hear, feel, smell, and taste the moment you wake up next to the woman of your dreams. Visualize the threesome and orgies that you will consistently have at your house. Visualize how good it will feel when you can meet and attract *any* woman. Visualize how good it will feel when your friends are awestruck seeing you in action. They will wish they could be like you even if they are the ones who will put you down when you first begin to move toward your goals.

You can do it! Yes, you can do it! If I can do it, everyone can do it!

You are ready for your first exercise. Remember one thing: The exercises that are laid-out in this book are about taking action. They are not about daydreaming or sitting back while other people succeed. Some of the exercises may make you feel silly, but push past that initial reaction and do them anyway. They are designed to change your thought processes and how your mind has been conditioned to work, so don't skip! This is about how *committed* you are. You need to make the commitment to do ALL of the exercises exactly as recommended. Give it your 100%!

If you are not willing to make this little commitment to yourself to improve the most important aspect of your life and find the ultimate happiness, then this book is not for you. I suggest you stop reading now and request a REFUND!

My book is all about taking action! It is not about daydreaming or how to feel good reading about other people succeeding. If you truly want to succeed, you will do everything I ask you to do no matter how silly it sounds and no matter how well you think that area of your life is already controlled.

After you have finished this section, you must not read anything further today in this book.

Exercises

Exercise 1.1 – Build Your New Lifestyle

Write a promise to build your new lifestyle. Grab a piece of paper and a pen. On this piece of paper promise yourself that today you will start a new lifestyle. You will do whatever it takes to become a sexy, confident man who is unable to fail at anything to which he commits (including seducing women). Promise yourself that you will do whatever it takes to achieve this goal. Promise yourself that you will not stop until you accomplish it. Nothing can stop you. No one can stop you. There will be no excuses. Promise yourself that this is your top priority. At the bottom write in big bold letters, “DO IT NOW!”

Read this paper every night before going to bed and first thing every morning when you wake up for the next 60 days. If you need to paste it on your bathroom mirror or in another visible place, do so.

Exercise 1.2 – Approach Two Strangers

When you go out today, approach two strangers – at least one of them a woman. It does not matter what she looks like or whether or not you're attracted to her. Approach them and introduce yourself. Tell them that you made yourself a promise today to start living a new lifestyle. This will go something like: "Hi, I am Magic. I just wanted to come and tell you that I have promised to make some positive changes in my life. I have promised to have a new lifestyle beginning today and am telling this to you to help keep the commitment to myself. Thank you for listening to me."

See for yourself how good you feel after you do that! You can approach more than two people if you wish but two is the minimum. If you feel like it, you can go and announce your decision to the whole world!

Exercise 1.3 – Go Do Something

The only other thing you must do today is this: Get ready as fast as you can and leave the house. Go and do something – anything that relaxes you. Play a sport, walk on the beach,

drink at your favorite bar, watch a movie, hangout with friends – anything that helps you relax.

Do not read on until at least 24 hours have passed. You have to practice patience and give yourself time for all of this information to seep into your consciousness.

Remember: I am responsible for your success, but you have to let me help you succeed.

Don't worry if it doesn't make sense right now; it will all make sense down the road.



WHAT
WOMEN WANT

What Women Want

Women are not looking for a specific personality in a man and each woman is attracted to different, ever-evolving qualities. Just like women, men go through different phases where the type of woman to whom they are attracted changes. Attraction to body type, hair, personality, features, etc., changes. Many men, including myself, have varying definitions on what is attractive in a woman. One day I may be into a blonde; the next a brunette. I may desire large breasts, long legs, or a curvy shape. On some days there isn't a particular preference, and every person goes through these natural changes.

Women experience the same evolution. One day she may want a skinny rocker, the next a body builder. She may want a man with a wild side in her twenties and become more attracted to a conservative personality in her thirties.

Do not build your personality based upon what you *think* is attractive to the opposite sex. You should be yourself, do what makes you feel good, and do what you like. Your looks and personality should be for you and should match what's inside you, be infused with what allows you to meet your personal goals – called *congruence*. Incongruence – the opposite of congruence – is a sign of insecurity and a complete turn off for women. It is guaranteed that there will be many women attracted to your body and personality type. Be comfortable in

your skin and the women will follow. We will conduct an exercise at the end of this chapter to help you start to move in the direction of being confident in who and what you are.

The difference between a desirable and undesirable guy is the outcome of how he carries himself when he comes across to women. You can be a total geek and women will throw themselves at you if you know how to present yourself. A guy who collects comic books and feels enthusiastic comes across far more confident and secure than a guy who is a musician but feels nothing great about music. Believe me there are many guys like that!

A man should believe in himself and should be ambitious. Unless you are in your early teens you should really know what you want in your life and should be on the road to accomplishing your goals. You do not have to be in the top ten--just be committed to the road. Success is not dependent upon being a millionaire; Success is being recognized for anything that you are passionate about. It does not matter what you are passionate about – whether it is to be a Marine or the next Bill Gates. What will get you in trouble is if you're in a role that makes you unhappy.

Be confident, be comfortable, enjoy what you do; Take pride in who you are!

Abiding by these rules will allow you to be the guy every woman wants.

I once had a classmate who was an Army reservist. He spent his time bragging about how he could take people down, how tough he was, and exuded macho toughness. He had a routine and revved it up to show off around women. Because he was so vocal he came across as bragging – but he also appeared to be insecure. His insecurity became very apparent in 2005 when he was called to report for service to Iraq. To anyone who would listen he talked about how stressed he was and how his family cried for him. He wanted to be a contentious objector and gave reasons why he could not report. The result of all his talk was that the people around him made fun of him behind his back. People laughed at him because he appeared to be a wimp. People wondered why he ever joined the Army at all. In the end, all his bragging about how tough he was made him look ridiculous and shined the opposite light upon him. All his talk made women rightly sense that he bragged, and they realized he was inconsistent and untruthful. How many women do you think he got?

The moral of the story is **Be Yourself**; it is credible. Don't be what you think people want to see, or act a certain way because you think it's cool. Women will see your insecurity if you fail to be *congruent*.

Another example: A few years back I used to wear eyeliner and was “rocked-out”. Much later, after the end of our relationship, a woman I had dated during this phase admitted that it had made her feel very insecure. In the beginning stage of our relationship she had casually tested me. She would say how she loved my style but would often softly admit later how she

didn't really care for the eyeliner. In her opinion it made me look like a porn star. I would always respond, "I don't care, I like it," or simply, "Oh well, I like it." I did not change who I was or how I wanted to express myself simply because she wanted me to change. Had I done so, I would have lost value in her eyes. She would have concluded that I was insecure and would bend because I cared more about what other people thought rather than how I felt – a major attraction killer.

Sometimes she would hesitate to have sex with me. Mind you, this is after we had already been sexually active. Her reasoning was that she felt I was bi-sexual, active in porn, or had been with many other women based upon the way I dressed – which led to her feeling as though I would leave her.

To all these excuses I would just laugh, call her silly or sometimes even role play with, "You caught me! I'm really just trying to get to your brother through you!"

I never really cared what she said. I never looked twice in the mirror to check to see if I came across as a bisexual. This was my identity. I was enjoying it and I was not going to change for anyone. She later revealed that she had been testing me all along.

Women Will Always Test You.

Don't get upset – it's their job. Instead, enjoy the process, but *be honest* through it all. If you try to bullshit one way or another, you *will* get caught and you might as well kiss her goodbye because you will never recover in her eyes.

Make sure women know up front that you see other women. If she knows this from the beginning and chooses to date you having this knowledge, chances are she will not leave you because of it. She will, however, leave you if she feels you are cheating. There have been times in my life I have dated multiple women and they all knew. Most of them did not care, but I also respected the women who did not want to put themselves in the position of being one of multiple women.

Let her be the one to make that decision!

Remember, there are thousands of women who match your thinking so there is no reason to lie or cheat. *Karma will come back to get you for hurting other people.*

If you are honest and up-front, women will respect you as a man. If she respects you and knows what you're all about, it will also help you re-initiate relations with her down the road. You have established trust. **She knows you may be many things, but you are not a liar, and this is a huge attraction trigger.**

This will help you re-initiate relations with her down the road if you so desire because you have already established trust. She knows you may be many things but you are not a liar and this is a huge attraction trigger. Repeat same sentence as above?

There are certain traits and characteristics most women look for in a man, characteristics that charm women.

Traits and characteristics:

- Confidence
- Exceptional grooming
- Sense of humor
- Healthy
- Humility
- Being a challenge
- Creativity
- Boldness
- Thoughtfulness
- Intelligence
- Laid back
- Social
- Positive Attitude

Women like a man who has confidence, someone who can be somewhat dominant. Women put up a tough barrier in the beginning but this is to test how dominant you are. However you must remember not to confuse dominance with controlling behavior. You can “be the man” in a relationship without bossing her around or controlling her, something that will drive her away quickly.

A recent study in France compared men who made physical contact when asking a woman to dance with men who did not. The study concluded that men who touched a woman for more than 10 seconds had 50% more success than their competitors who did not touch her when they asked her to dance. They concluded that the touch made the man appear dominant and brought out the feminine side in the woman. She felt obligated to comply with the request.

One night the woman I was dating and I went to a bar separately with our friends. We were sitting at separate tables and I asked her to come over and kiss me. She said she would, but then did not show up. I sent her a text message later in the evening and asked where she was. Her response was that she was “stuck” and asked that I come to where she was. I responded with the demand that no, she should come to me. After a couple of text messages back and forth, each saying, “No, come to me,” I ended the exchange with “Never mind.” Two minutes later, she showed up at my side. I refused to kiss her at first and asked her why she

had acted in that manner. She responded, “I’m a woman. That’s what we do. We like to be controlled and dominated.”

If you could display these traits to women without being too obvious, chances are you will successfully turn on her attraction switches.

STOP READING NOW!

Take time off from reading today and tomorrow, and do the following exercises.

DO NOT SKIP THESE EXERCISES – YOU WILL NEED THEM IN DIFFERENT PARTS OF THE GAME! Don’t worry if they don’t make sense right now; their purpose will reveal themselves later down the road.

Exercises

Exercise 2.1 – Define Your Primary Goal

On a piece of paper, define your primary goal.

Write what you want to be in life. This should be very specific, such as, “I want to be a sailor or a juggler.” Don’t list things that are general such as ‘businessman’ or “wealthy.” If you want to be a businessman you should list the details, such as, “I want to start a steel plant.’

Once you list your goal write down *why* you want to reach this goal.

Example:

1) I want to be a film maker because I believe films make statements. I want to be able to tell the world how I survived my rough childhood, or,

2) I want to have a steel plant because there is a never-ending demand for steel. I will always have business.

Next, write down where you are *right now* on the road to accomplishing your dreams.

Write down:

What steps are you taking to reach the goal?

Are there any hurdles? What are they?

How do you plan to overcome the hurdles?

Create concrete measurements.

Example:

I want to be a singer (goal), so,

I attend auditions every week, usually during the day (hurdle).

Because I have to spend my days at auditions, they prevent me from having a stable day job (hurdle).

I will attend 5 auditions per week (concrete measurement).

I plan to be a bartender so that I can free-up my days and hit it big! (overcoming hurdle)

When I sign with a label I will be successful (concrete measurement).”

How will you know when you reach this goal? A friend/mentor of mine owns one of the largest breweries in India. He started production with no roof. He had defined success as reaching 10,000 crates sold every day. As of today, he exceeds this defined daily sales goal.

You need concrete measurements to know you have succeeded with the stated goal.

Ask yourself the following questions and write them down:

How will I feel when I accomplish my goal?

How will the world or people around me benefit when I reach my goal?

Example:

1) I like to share my resources with friends, so when I have more resources I can help more friends.

2) I will donate 10% of my income to an orphanage so when I make more money I will be able to contribute to bigger social causes. 3) My films will allow people enjoyment; they will forget their daily stresses and have fun for 2 hours while in the theatre enjoying my films.

Exercise 2.2 – What Is Your Dating Goal?

What is your ultimate dating goal? (List only one)

Example:

1) My dating goal is finding a girlfriend, or

2) My dating goal is to have 5 different girls available for sex at any given time, or

3) My dating goal is to participate in a threesome.

Write down what you need to do to reach your goal.

Example:

In order to reach my dating goal I need to:

Read this book

Do the exercises

Practice

Ask yourself the following questions and write them down:

What hurdles do I have?

How do I plan to overcome them?

How do I know I have reached my goal?

Be as descriptive as you can.

How will I feel when I reach my goal?

Example:

I will experience joy

Close your eyes. Visualize. See your self there and experience those emotions. Write them down.

Exercise 2.3 – List 5 Activities You Enjoy

List 5 different activities you enjoy.

Examples:

Football

Movies

Exercise

Hanging out with friends

Going to concerts

Exercise 2.4 – Approach Two Strangers

Go out and approach two strangers. Select one woman and one man. Walk up to them and introduce yourself. Tell them what you want to be in life. Tell them that you are making a commitment to yourself by opening yourself and sharing your goal with a stranger.

It should sound something like this:

“Hi, I am Magic. I just wanted to come and tell you that I have resolved to be a filmmaker. In these stressful times I think people will be able to forget their worries for a couple of hours while they watch my films! By telling this to you, I am making a resolution to myself that I will make my dreams come true – no matter what it takes! Thanks for listening to me.

BEING
THE MAN



Being The Man

Who is the man? In the world of dating and seduction, “the man” is the one who is loaded with confidence and understands women. He is the one who knows how to control the interactions with women using skill and emotions. It doesn't take long for a woman to size a man up. Most of the communication happens through body language and tonality.

In fact, you should always remember:

All verbal communication that you have with women is achieved by giving each other the time and opportunity to read non-verbal signals using body language and tonality.

This is how the dating game is played and this is how seduction takes place.

Let me give you an example. I love to tease and get into small playful teasing bouts. At times, when the girl I'm with teases me, I smile and give her glance from the side as if to say she is 'in trouble'. Sometimes I even vocalize this thought by saying, “You have no idea how much trouble you are in.” On the surface it will sound to the casual observer that we are still teasing each other but with my looks and tonality I have conveyed to her that I am dominant. She gets the message that I control her, and as a consequence of what she just did I will have my way with her. There has never been a single time that a woman did not

perceive my nonverbal message. In fact, at times they remind me in the bedroom about what they did to me and what I have given them as a consequence.

Do not forget that a woman knows almost everything they need to know about you within seconds. They know in an instant whether or not they are attracted to you. This doesn't happen because of some super power that they possess. Women are able to know these things because they are masters at reading non-verbal communication.

Very often you will see that a man has been talking to a woman for 15-20 minutes only to have another man swoop in and take her away in a fraction of the time.

The reason this happens is because this second guy has stronger body language, body language that instantly conveys they are the man, are dominant. He successfully does this without even speaking a word.

Remember the dialogue from Jerry Maguire: “You had me at hello.”⁵

Let's take a look at the list of things that makes a man sexy and desirable in the eyes of a woman; however, I'm going to add a few things. You must internalize these items to become

⁵ <http://www.imdb.com/title/tt0116695/>

sexy and desirable. In other words, “BE THE MAN!” Remember, women will constantly test you on these, so be prepared.

Author's Note: Every item here is vast and extensive enough to have an eBook of its own so I would recommend you do some research on your own if you are unsure of any topic. Also remember, you get a fifteen minute phone call with me with the purchase of this book, so feel free to ask anything that you'd like to explore in greater detail.

Confidence

There is nothing more attractive than a confident man. The way a man walks, talks, sits and rises reveals a lot about him. A confident man feels comfortable no matter how unsure the territory. He walks an easy walk and is never in a rush. He neither fidgets nor gets nervous. He is playful but not arrogant. He is polite and socially well-calibrated. He is not a wimp.

The best way to define a confident man is:

Someone who believes in himself and his abilities. He trusts himself in situations and he feels he is in control. He is happy and content. He believes everything is in order and working as he has planned. He believes he is a 'catch' and anyone who associates themselves with him will benefit from having known him. This knowledge of his own self makes him polite, humble and

thoughtful (not arrogant). He draws his boundary and does not let anyone step over the line. He is kind because he wants to be and not because he is expected to be.

There are thousands of resources online and in your local library that teach you how to improve your level of confidence. I, personally, like to try to learn new things, things I have never done before. It helps me increase my level of self-assurance, pushes me out of my comfort zone, gives me an impressive list of things to talk about and also sets-up opportunities to be creative during my dates. Over all, I stay away from self-defeating thoughts and encourage more positive ones, so taking steps to make myself more rounded accomplished this goal.

Try and make a list of activities you have done, can do, or want to do. Then create another list of all of your good deeds. Create a third list of accomplishments, no matter how small. These lists will help illustrate that you are worth much more than you originally thought. Generally, growing up, we get used to being hard on ourselves. We will mentally beat ourselves up for being lazy so we use our internal critic voice to push ourselves – but sometimes it creates so much self-defeat we become apathetic. We need to learn to shut this voice off and pay attention to our positive voice and abilities.

Make a list of tasks you want to accomplish. Start with easy and quick things like getting a membership for a gym or going to church next Sunday. Make sure to write these on a piece

of paper and scratch it off as you accomplish each task. Do this for a few weeks and see your confidence shoot up.

Fashion, Grooming and Health

Words cannot express the importance of being fashionable and well-groomed. Remember: Women will form opinions about you even before you say hello. If you appear slovenly you are only going to hurt yourself. Long dirty nails, bad breath, unkempt hair or smelly clothes are the perfect recipe for disaster in the dating world.

When it comes to being fashionable, you do not have to buy the most expensive clothes. All I am suggesting is to wear clothes that are trendy and fit well on you. Wearing shirts three times too large or half your size only reflects your insecurities or makes you appear as though you do not care how you look.

Women appreciate a good-looking man. The kind of guy she dates also reflects upon her. If you are a cool guy who dresses sexy you would contribute to her social image and she would be proud to introduce you as her boyfriend. It was previously thought that the only guys paying attention to their looks are those who live in urban centers such as New York or Paris. In this day and age, it is acceptable - and even expected - that men be up on the current trends, "manscape", pay attention to fashion and dress accordingly. Being fashionable and

well-groomed is one of the best ways to beat out your opponents. Don't miss this opportunity!

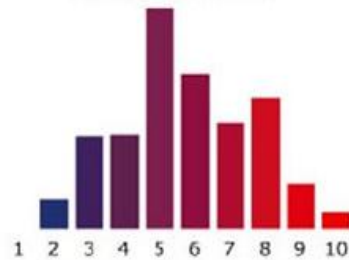
Workout at least 2-3 times a week. **This is very important.** You do not have to be ripped or have loaded muscles like “Arnold”, but losing the belly fat and having a toned body is very attractive. It is also a health indicator. Research shows that women are naturally attracted to well-proportioned bodies achieved by working out. Clothes also fit and look better on a proportioned body.

I would recommend going on www.hotornot.com and rate men in your community, which is what I did when I moved to the US. My idea of what was fashionable obviously didn't work in US at the time. Rating guys as “hot or not” allows you to start to pick up trends and see what it is about men that gets them higher ratings. It will automatically improve your understanding of what women find attractive. I also post pictures of my looks on www.hotornot.com to see how my new looks are doing. Here are couple examples:

Note: Want more ratings? Rate more people and you will get more ratings!

9

You are hotter than 89% of men on this site!



301 people have rated you

Photo status: **Approved** ?

This is your primary photo ?

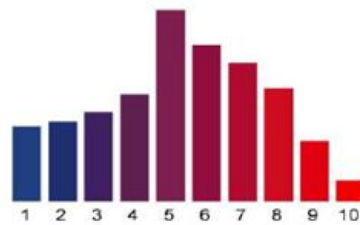
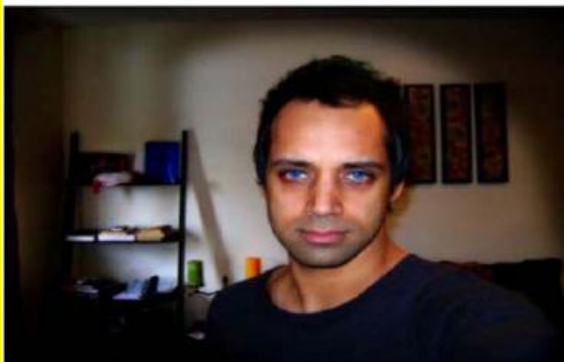
Allow to view this photo

[Remove this photo](#)

Note: Want more ratings? Rate more people and you will get more ratings!

8.4

You are hotter than 82% of men on this site!



580 people have rated you

Photo status: **Approved** ?

[Click here](#) to make this your primary photo ?

*Only your primary photo is posted for rating

Allow to view this photo

[Remove this photo](#)

Humor and Humility

“I can never be with a guy that doesn't know how to lighten up! A guy who cannot laugh and relax is probably too uptight and boring.” A girlfriend of mine once told me this and I have never forgotten it. If you have an overly serious personality, you need to take steps to lighten-up. Go watch some comedy movies, TV shows, or attend a stand up comedy event.

Stand-up comedy also makes a good date because it gives you lots of things to talk about later. The comedy will also help increase your own teasing pretext with your date. However, be careful not to entertain the woman or her friends at your expense. Don't berate yourself to give them laughs. Too often this will only demonstrate low personal value and women do not want to be with a guy who is a laughing stock for everyone else.

Humility is defined as:

The condition of being humble, lacking arrogance and using a spirit of deference.

No one wants to be around a bragging, arrogant moron, much less hook up with one. This does not mean you need to avoid presentation of your strengths. It's stronger to present your strengths with a subtle undertone. For example, if I just tell people that I hung out with Will Smith last week when no one asked (nor were we talking about Will), I run the risk of being incongruent or bragging (name dropping). But if I am telling a story about how I was late for my date then a small mention of how I was late because I was with Will Smith and

couldn't leave will give the listener the message. I won't come across as artificial. Trust me, women are very good at paying attention to details. A small mention will catch their attention and make them more curious. They now want to know more about you. It will bring your value up and make you mysterious at the same time compared to other guys who are still less secure and bragging.

Challenging, Creative, Bold & Intelligent - Yet Thoughtful

Who wouldn't want to be with a creative, challenging, bold, intelligent and thoughtful guy? Isn't he hard to find? Perhaps, but it is not very hard to become such a man. What this means is don't be the boring guy who goes on dinner date after dinner date. Dinner and a movie is not terribly creative. This should be your last choice.

Girls love me for being creative. They always compliment a change of pace that can include going to a beach, art show, fashion show, or sports event on a date. In fact, often we use this comparison discussion for bonding. We sit and make fun of guys who take girls on typical dinner dates. I can pretty much guarantee that every girl has been through this dinner date cycle starting when they went to their first junior prom. In fact, most of them are still waiting for the guy who would not go to movies or dinners for the first few dates.

The same thing applies to texting and phone calls. Don't be boring with the same old "Hey whassup?" Be funny and creative. Send them text messages they do not expect. If they expect something romantic send them something to tease them and so on. They will love you for doing this because you will make them experience many different emotions. This is something most women crave.

Laid Back And Social

This is one of the biggest ones that guys don't get, and I had to struggle with this for a long time myself. If a guy stepped into my set ("set" is a group of people.) I would go quiet and fume. That shows great insecurity. Today, when a guy walks in and initiates a talk with the woman who is with me I engage him in a fashion that brings up my value. At other times I'll just start talking to another woman which brings out the jealousy in the first woman. Now, my frame is so strong that I know she feels that she can't afford to lose me, so I will walk away freely, knowing she will come to me. This is exactly how the reader should be acting.

If you are a healthy man, you shouldn't care. I always tell a woman that ideally I would want a relationship where "I want to spend every day of my life with you, but if I have to live without you I can." I live by this principle as well. I enjoy every relationship I have and want it to last if it is good for both of us. I don't care if it ends. It's life, and I'm mature enough to

move on. Women find this to be a very attractive quality in men. Learn not to overreact when they test you.

When you go out, don't be the guy who just hangs out by her side because he is not comfortable talking to other people. Women want you to bring additions to their lives and not enslave them to your company. When you go out with them, let them have some space and demand some of your own space. It is so much fun to wink at each other while talking to other people. Such gestures strengthen the bonds.

Positive Attitude

Please, please, please do yourself a favor and always stay positive! Nobody likes negative people, and women admire positive men. It shows that things are good in your life, that you are in control and that you don't get bothered by stuff easily. Staying positive doesn't even have to have anything to do with dating and meeting women. Staying positive is blissful!

One time I was driving with a woman in my car. We were on our way to a place for our first date. This is the only time I have had a car crash and it was my fault because I rear ended the car in front of me. I got out of the car, apologized, exchanged insurance and resumed driving. I apologized to this woman once and never brought that topic up the entire rest of the night. I was back in the zone of having fun with her. I knew there was nothing I could

do and what's done is done. Two days later, among other things, she told me that she loves how I have a very positive attitude. She told me that she was impressed with how I handled myself and stayed positive after the accident. Remember, they are always watching and judging your actions.

Body Language, Tonality and Eye Contact

The entire game depends on body language, tonality and your ability to make eye contact. Always make eye contact with everyone, even when you are walking to the office or at the doctor's—absolutely everywhere. Only confident men can do this and women read this as a sign of a powerful dominant man. You will lose lots of opportunities if you don't make eye contact with people. If you don't make eye contact, the girl won't be able to give you an invitation. This does not mean get into a staring contest or scare them away. Eye contact is made very subtly. You look into the guy's or girl's eyes. The eye contact happens for few seconds. You wait for the other person to look away and then you look away yourself. Don't keep staring or you will freak them out.

Body language is another crucial thing to monitor. Stand tall keep your chest out and keep your hands by your side. Never block the front of your body by folding your hands. Closed body language subconsciously communicates that you don't want to be with people. Always walk at a normal pace. Dragging along slowly or walking very quickly conveys mixed

messages. Never fidget. Take up space when you stand or sit. Act like you own that space but in a relaxed way. Very often I do things that are unexpected. For example, I sit on the pavement. Now how many guys will actually do that? Within seconds the girl will join you. I sit on the floor by the swimming pool and within minutes girls will join me. They also tell me how cool it is that I do that.

Voice tonality is what actually conveys your emotions and desire. What you say hardly matters. What matters most is how you say it.

Using Body Language To Attract Women

Here are some pointers to keep in mind:

- Develop a graceful walk, a walk that is free and easy with fluid movements mixed with confidence. This kind of walk transmits a sexual message that will turn a woman's head.
- When leaning against a wall, a bar or other surface thrust your hips forward with your legs apart. This position also transmits a sexual message.

- While you are standing, or especially when leaning, hook your thumbs in your belt just above your pockets and point your fingers down toward the genital area. A finger pointing toward the genital area transmits a sexual message to a woman. You will be amazed at how many women pick up this signal.
- When talking to a single woman, let your eyes linger on her throat and her breasts. While talking with her, wet your lips with your tongue. Using these two techniques, she usually will feel a bit unsettled and excited.

In conclusion; try these methods of attracting attention from single women and see if they work for you. They have worked successfully for a lot of men I know.

Remember, the more techniques you use to attract a woman, the more women you're going to be picking up. That's the name of the game.

Recognizing Female Body Language That Says She's Available

The following are some body signals and bodily movements that indicate a single woman is available and approachable:

- Sitting with her legs open.
- Sitting with one hand touching one of her breasts.
- She protrudes her lips and thrust her breasts forward.
- A sexy walk with her hips moving to and fro like the waves of the ocean.

- She uses strong and sexy smelling perfume.
- She is sitting with her legs crossed in a manner to reveal her thigh.
- She is standing with one hand on her hip with her hip thrust forward.
- Wearing a low-cut dress exposing her breasts.
- She is standing with her head cocked slightly at an angle with one foot behind the other and her hips slightly thrust forward.
- Sitting with her arms crossed can indicate that she is frustrated and not having a good time. She may welcome you approaching her.

In conclusion, keep your eyes open for all these body signals and movements. With practice you can recognize these easily. They will help you determine which women are available and narrow the field.

By being able to determine that a woman is available in advance your success ratio in scoring will improve and you will move right in for contact when you see these signals.

Recognizing Female Body Language That Says She's Interested in You

The following body signals and body movements will indicate that a single woman is interested in you after meeting you:

- If you do make eye contact and exchange smiles this usually means that she is interested in you.
- She sits uncomfortably close to you.
- Her hand or thigh carelessly brushes up against your thigh.

- A single woman exposing her wrist or palm to you.
- While talking to you she twiddles her hair, rearranges her clothes or pushes her hair away from her face.
- While talking to you she strokes her thigh, wrists or palm.
- While talking to you she blinks more than usual flutters her eyelashes.
- While talking to you her eyes are brighter than normal. She maintains eye contact and her pupils get bigger.
- She sits with her legs crossed and pointed towards you.
- She sits in a very straight position displaying poise and good posture.
- While conversing with you she licks her lips.
- Eyebrows raised and then lowered followed by a smile can usually indicate interest.
- While conversing with you she rests an elbow in the palm of one hand while holding out her other hand with her palm up.
- She touches your arm, shoulder, thigh, or hand while talking to you.
- She raises or lowers the volume of her voice to match yours.
- She rubs her chin or touches her cheek. This indicates that she's thinking about you and her relating in some way.
- Her skin tone becomes red while being around you.
- She plays with her jewelry especially with stoking and pulling motions.
- She rubs her wrists up and down.

This chapter probably has the most generalized information. Lots of practice will be needed to master this. Unspoken language cannot be faked and Mastery is absolutely needed and takes long time to incorporate. Read this chapter over and over and gradually reading the signals will become automatic. Pay more attention to how people behave in social places. Watch for their flaws and strengths. Sometimes I start reading body language of people around me when on a date. This is a fun activity. Both of you sit and make predictions. It is a unique game. I suspect there are hardly any girls who have experienced this activity, and guess what? You get to learn while coming across as spontaneous and creative.

Exercises

Exercise 3.1 – Your Positive Strengths

Make a list of your positive strengths. Go on www.hotornot.com and rate 20 guys per day in your country for the next week. Practice body language and tonality in front of the mirror.

Practice talking and walking.

I would recommend watching some Western films and imitating their moves. Go out and make conscious eye contact with 10 women and 10 men. Smile at them when the eye contact is established. Do this every day for the next 30 days.

SEDUCTION



Seduction

Seduction begins when you approach a woman and ends when you begin to have sex.

(Technically seduction doesn't end, it continues throughout the length of relationship but to keep our thoughts organized for learning purpose we will say that seduction ends when sex begins.)

This is the point where all your hard work on previous exercises finally pays off!

Six Steps to Seduction

- **Opening** – Approaching a woman using an opener.
- **Generating attraction** – Once attraction is generated, you create the ability to spend more time with her.
- **Testing attraction** – Gaining a response from the woman that the attraction is mutual and beginning extended communication.
- **Qualifying the woman** – Does she remain interested? Does attraction progress?
- **Establishing harmony, rapport and comfort**
- **Sex**

Use the following scenario as an example on how to move through the six steps:

You see an attractive woman and approach her. You start with an opener and transition into using learned routines and techniques to generate attraction. The woman responds with positive affirmation. Moving into qualifying her, the attraction is cemented and both parties are actively spending time together. At this point she realizes, through your actions, that you like her for more than the way she looks. This is where you generate attraction that moves away from surface level attraction and into more personal attraction. At this point you move into building a deeper rapport and bonding. The woman is being seduced. It is very important to follow this sequence. If you skip any of the steps, chances are you will ruin any chance you have with her. You cannot change the order of events. You can't expect to build rapport without generating attraction. If you have no value in her eyes, she is not going to waste her time or become emotionally involved with you.

Over the next few pages we will delve deeper into the steps and their facets and arm you with the necessary tools to successfully seduce women.



OPENING

Opening

How to Approach

If you are attracted to a girl nothing will happen unless you approach her. As a general rule, the sooner you start mingling with people at a social venue the easier it is to approach women for seduction. Do not stand by yourself; mingle, talk to others, work the room. To be seen as a socially adept, vibrant person creates attraction.

Note: If you give into your inner voice holding you back, you may develop approach anxiety and talk yourself out of opening with a woman. Go for it!

When you mingle with people as soon as you walk through the door, talking to everyone, appearing at ease, you appear to be a social guy. Girls are more likely to talk to you if you appear confident. Once you have established communication with other people you can return to them throughout the night, which can spark some jealousy and demonstrate your high value.



Practice being social to help you overcome social anxiety.

There is ABSOLUTELY NO venue, no setting, no situation and no group where you cannot approach a woman if she is in a social setting – unless you stumble upon her having sex with someone, and then you might as well see if you can insert yourself into that situation as well! You have nothing to lose by approaching her.

If your inner voice is telling you, “She is on the dance floor with another guy,” or, “She is with her boyfriend,” you are making excuses not to approach. If you listen to those thoughts, you will never succeed.

Women often date because they feel as though ‘something is better than nothing.’ A woman will date a man just to be dating him rather than wait for the right guy. If you trigger her attraction switches you may be surprised with the end result. Emotions cannot be controlled, so if she wants you she will do anything to get you.

An example: When I was still learning social techniques, I was at a bar and approached a girl who was with her boyfriend’s sister. In the end, the woman made out with me right in front of his sister and even exchanged numbers with me. She never once told me who the woman was or that she had a boyfriend. It wasn’t until sometime later a wingman revealed the sister had told him the truth.

Another time, I was at a bar and an absolutely gorgeous woman made eye contact with me. Throughout the next 30 minutes or so we continued the eye contact play, back and forth, and I even walked past her a few times. I had a family member with me, so I believed I was in a situation where I was unable to open her – at least that was the excuse I was making to myself! Once the family member left I could have approached her, but I did not. Why? I had talked myself out of it. I had been telling myself that I made eye contact for so long and didn't approach her so I couldn't possibly do so now. I thought that I had lost value to her and that it would never work.

Fortunately, a female friend noticed her and said, "You know she is dying to meet you." I explained to her my dilemma and she laughed at me! She dared me and offered to make a bet. She told me that I was completely wrong in my thinking and that by making her wait for so long, by walking past her and not saying anything, I had been teasing her. I decided to make my approach and was shocked at her response. She had thought that I didn't like her because I hadn't spoken to her.

The lesson learned by this experience is that you never know what the outcome could be. It is better to approach and lose the bet than not approach her at all. If nothing else you've learned something new.

In an interview with Thomas Edison, a reporter asked him about the fact that he had failed five thousand times before successfully making the light bulb. His response: “I never failed five thousand times. I discovered five thousand ways in which the bulb cannot be made.”

Remember, you will always learn something from every approach. Every approach is another step towards your goal.

Myths of Approaching Women

Myths or internal conflicts that prevent us from making the move:

I am not good looking.

Women are far more attracted to personality than looks. In fact, being a man who is conventionally good looking presents its own set of challenges. Many women feel as though they are players and do not trust them from the outset.

Most guys are not good looking and most women are far more attracted to personality than looks. In fact, good looking men have their own set of challenges. These men come across as players and women don't trust them.



If you display qualities that attract women, nothing else matters.

Seal married Heidi Klum – need I say more? Most of the time it is other factors that get you the woman.

Everyone will laugh at me when I get rejected.

Only if you act rejected! No one knows you got rejected unless you leave the set crushed. When a set ends or you get rejected, take it like a man. Smile, shake hands and say it was nice talking with you. Leave with a smile on your face. Women usually are very polite when they reject you. If they do, BIG FUCKIN' DEAL! Everyone, including me, gets rejected.

She probably has a boyfriend.

She probably does - she probably does not! It means nothing. She might be dating him to land the role she has been dying to get or because she has not met anyone like you. She does not want to come across as a loser by being single. I could publish an entire book with stories of women leaving their boyfriends or husbands for someone else.

***That guy* is probably her boyfriend.**

The only way you're going to find out is if you approach her. Even if he is her boyfriend he's not likely to kill you. Eight out of ten times the guy will turn out to be her friend because women do not like to go out alone. They feel more secure with having a guy along for the ride; it prevents losers from approaching her. In fact, approaching a woman who is with a guy raises your value.

You are seen as a confident, ballsy guy to be able to do that. On numerous occasions I have seen women make out with other guys and provide a phone number in spite of their boyfriend's presence. Expand your belief system and experience the magic.

Recently I was with a student and I sent him to open a set on the dance floor. The woman was with three guys. I watched from a distance as he opened the set and then became surrounded by the three guys. I approached and found that he wasn't in trouble as I thought. The men were from France and had traveled to the U.S.; the woman just happened to be with them. In a short time everyone was chummy as old friends – and the man told my friend that the girl was single, to make a move.

Now, I must admit that if I had realized early on that she was with three guys, I probably would have not sent this student to open her. I should note that this was his first time in the field, but failing to send him would have done him a huge disservice. Valuable lesson learned! Open and don't worry about dynamics. Let it play out! You'll be surprised.

She will think poorly of me if I approach her. I will lose value for approaching her.

Au contraire. She will have more respect for you for approaching her as opposed to not approaching her. After all, they go out themselves to meet men.

I was once recording live pick-ups in a bar and a group of women approached me. I talked with them about this very fact. They agreed that they would rather have guys approach them rather than not approach them. Imagine how crushed they will be if no one approaches them! You are only respecting women by approaching them, a fact a woman will only confess to a confident man.

She spotted me making out with another girl.

Congratulations! You now have very high value in her eyes! Women love a man that other women want. Why do you think rock stars get laid all the time? In fact, you lose value if you don't flirt with other women.

One of my ex-girlfriends confessed that she would always let her boyfriend flirt with other women because it increased his confidence and her jealousy level, and that the combination resulted in great sex. Needless to say, she didn't have to apologize to *me* for being sexual!

I don't have much to say.

This won't be true after reading this book and doing the exercises I ask you to do! You will have plenty of material to use. If not, you will learn to create it while in action.

She is a wallflower.

What if the girl is sitting all by herself in the corner? Good news—seduction will be easy. You don't have to look for an isolated corner to make out with her and this will also ensure less distraction. Chances are that she is shy if she is sitting in a corner by herself. In this case you will need to do more talking at first. It also means she has not been approached much that night. She will thank you for helping her have fun because she could have been bored the entire night.



This point cannot be made strongly enough: Women are dying for you to approach them! They want the same thing you do! Be a Man and seduce her. She will thank you for that!

I am not in the mood.

Excellent—go and talk to her. This should get you out of your gloomy mood. For Christ's sake, stop making the damn excuses!

I'll start tomorrow.

Good—just have some ear plugs ready because the sounds of your roommate fucking her will hurt.

While going to school in New Jersey I lived in a townhouse and roomed with four guys and four girls. There was an attraction between one of the girls and me. One night there was a party for the Seniors and she asked if I wanted to go. “I'm not in the mood,” was my

response. My roommate ended up making a move on her while at the party. I cannot tell you how pissed I was listening to them fuck all night long.

Make the excuse today and tomorrow you will say again "I'll start tomorrow!" It's a cycle that will never end.

I can only give you advice. I cannot make you go and do what you are supposed to do.

Need motivation? Go back to page 30 and read the bullet points. The sooner you start your journey, the sooner you will reach your destination. Everything else can wait!

RULE:

From now on, anytime you have an excuse as to why you should not approach the woman, you **MUST** approach her to prove to yourself that you were making an excuse.

Openers

Openers are a short sentence, story or a question that you use to initiate a conversation with women or mixed groups. There are different schools of thought that list numerous classifications of openers, however, in my opinion; there are only two kinds of openers: direct openers and indirect openers.

Direct Openers

These are the immediate openers where you reveal your intentions to the woman. If you want to express your interest in a woman from the very beginning go with a direct opener.

An example of direct opener: “Hi. I saw you and just had to come talk to you.” You have revealed your interest in her right away. This is a very bold way of approaching and has high risk rewards associated with it. Since you put it out there, she has to accept it or reject it so you will hear immediately if she has a boyfriend, if she isn’t interested – or her eyes might just widen with excitement! Don’t let it bother you if she makes an excuse. Continue with attraction material or move on to the next opener.

Direct openers are specifically well suited if you are looking for a quick lay.

Indirect Openers

Indirect openers are the opposite of direct openers. Using them, you initiate the conversation to be social or to accomplish a specific objective that requires a woman's input. You aren't giving up your intentions right away. Don't be fooled into thinking that a woman doesn't know why you are there, however. It just means there is no pressure on anyone and you both have enough time to start feeling each other out.

Indirect openers, if delivered effectively, virtually *guarantee* you some time with the girl.

An example of an indirect opener: "Do you think girls should get boob jobs?" If you decide to open a set with more than one person make sure to address the opener to the entire group. Look into as many people's eyes as you can while delivering the indirect opener. Do not just look into the eyes of the woman you're interested in. You can deliver the indirect opener while looking only at the woman you are interested, but you can never deliver the direct opener looking into her friend's eyes. It would be really awkward telling her she is gorgeous and you want to have sex with her while looking in her friend's eyes.

Openers – Examples

Here are some openers that have worked very well for me and my students. You could use them successfully until you come up with your own openers. I have videos for each of them so you can watch and learn the delivery:

Ballet (inspired from Brad P's shocker):

Do you like Ballet? Did you go to the College of New Jersey?

Mystery VH1

Have you guys seen the show "Pick-up Artist" on VH1? Do you really think it works?

(Transition)

Women's opinion on eyeliner/guyliner

Girls! What do you think of guys who wear eyeliners/guyliners?

(Transition) I need female opinion! How do you feel about guys who wear eyeliner or should I say guyliners? (Alternate transition: I ask you because you look like someone who understands fashion.)

Do you guys know the lead singer of Green Day?

Do you think the lead singer of Green Day is sexy?

Direct opener "I had to come and talk to you"

Just saw you! Had to get to know you! Hi I'm Magic (shake hands). She tells her name.

(Transition)

Have you guys ever stood up anyone?

Transitions

Transitions are sets of routines that you use to follow up your opener. The sole purpose of a transition is to continue the dialog until you can start running attraction material. Sometimes the transition material will act doubly as attraction material. This becomes more obvious when we discuss attraction in the next chapter. For now, you can use the transitions and openers listed in this text; however, I highly recommend you not use canned material. It sounds disingenuous.

It is easy to communicate what you want. Use the material in this book to develop an *understanding* of *how* we communicate values and emotions through dialogue. Use the canned material until you get good at it and then start practicing natural, real talk.

Transition for Ballet Opener:

Check this out. I used to go to the College of New Jersey and there was this girl in my class. She used to dress up in ballet clothes every single day and I used to make fun of her every single day.

Yo-o-o-u look just like her! Are you that girl? I feel really awful about the way I acted and I wanted to say I'm sorry. See, during those days, I was a bully and used to tease everyone. Now that I have matured I feel really bad. So do you forgive me? <Hug>

Transition for Mystery Opener:

I have to admit I was a late bloomer. I had to learn everything about how to date in this culture. I read hundreds of books and made a fool of myself so very often in order to understand what works. I watched a bazillion (just my funny way of saying gazillion) videos about everything from evolution to women's G spots.

In fact, I became so good that now I am teaching couples about the secrets of good sex. People pay me to learn those techniques. But, funny, nowhere in my education did I read, "Become a dork and you will get the girls." I personally think Mystery's tricks only work on emotionally unhealthy women. What do you think?

Do you think it will work on you?

Transition to women's opinion on eyeliner:

A friend of mine, an upcoming musician, almost looks like the lead singer in Green Day. He wears crazy rock and roll clothes and has crazy hair going as well. He is touring this summer/winter/spring and we are trying to get him ready for the tour. As part of his costume I think he should wear eyeliner. I think it looks real sexy on men. I wear it all the time myself even though I am not wearing any right now.

But one of my woman friends told me this afternoon that if he wants to sleep with women 18 or younger he should wear eyeliner, otherwise, not at all. Now, I never thought woman's age had anything to do with it. What do you guys think?

Or: Do you like the way the lead singer in Green Day wears eyeliner?

Or: Do you find men with dark eyes sexy?

(Next transition: *What is your type?*)

Transition to Direct Opener:

During The Night

So what do you guys do? Wait don't answer! Let me guess!

You are a lion tamer. You are a unicyclist instructor and yo-o-o-u are the bad one. You probably are a pole dancer...

During The Day

Join me for a cup of coffee, I need to know you.

(Next transition: Have you guys ever stood up anyone?)

This is a very long transition. It is from my personal life so I am very comfortable with it. I will save you some time and energy to read it here because I am using the same transition in the next chapter to demonstrate how to generate attraction.

Exercises

Exercise 4.1 – Deliver Openers

Practice delivering 5 openers and 5 transitions in front of the mirror at least ten times each.

You can use any of the openers listed in the book or make up your own.

Exercise 4.2 – Approach 3 People A Day

From this point onward you have to approach at least three people each day or an average of 90 approaches a month. You can go out and approach 40 in a day or spread it out evenly, but make a commitment to do minimum 90 approaches a month.



CREATING
ATTRACTION

Creating Attraction

There are certain values that are very attractive to women. With the exercises that you did in the first half of the book you have accomplished most of these values and are starting to make them a part of you. In order to make a woman feel attracted, you need to display these qualities to her without coming off as bragging.

Make sure to practice and earn these values. Do not fake them. If you try to fake them, you will get caught at some point and it will be over. Women can overlook almost any poor quality in a man. Lying, conning and insecurity are not qualities they will *ever* ignore.

Below are the ten most powerful values that trigger attraction in most healthy women:

Confidence

Your body language and approach should exude confidence. They show that you believe in yourself, so when you approach a woman, if you stutter or shake, she knows you are not confident. Take a deep breath before you approach and also once you do engage her. You are not going to suffer major recourse for approaching her, so do not hesitate.

To practice and learn confidence:

- Practice the delivery of material over and over.
- Practice body language alone in front of a mirror.
- Record your voice and listen to the recording.
- Practice slowing down your speech and master different aspects of tonality.
- Before going out for a social evening read your responses to Exercise 1.1 and 2.1.
- Read the bullet points on page 14 and 15. You can even print them out and take them with you. Read them before you enter the venue and then have fun.

You can also start approaching people for short talks to get comfortable with venues and people. Move to average-looking girls who do not intimidate you to start practicing openers. Once you achieve easy confidence, move up to hot girls. Start pushing for sex. The idea is to take your time getting comfortable by opening non-threatening sets. Use those sets to get in form, and then – GO. Strike up random conversation with people on the way to a venue or while standing in line. Striking up a small, funny conversation with bartenders and servers is a sure way to warm up because they *have* to be polite to you.

Honesty

Most women want an honest man. The standards are simple: If it is not appropriate for your mother, sister or daughter, you shouldn't be displaying that behavior to any woman. If you

are dishonest, you will pay for it sooner or later. Most women will discover you have lied to her sooner or later. If you are lying, you will be incongruent and you will get caught. This is one of the reason women test you.

There is absolutely no need to lie about anything!

Example: Most people in the community try to hide their identity. I always disclose to my women within a few minutes of meeting them about my profession and it never bothers them. In fact, sometimes you will hear me talk about it right after the opener. I have never lost a single girl because they didn't like what I did.

A small inconsequential lie to get communication rolling is no problem, but something major should be avoided at all cost.

Saying that you went to a crazy party last night when you did not do so makes no difference. (Unless she attended the same party!) Whether you did or not has little impact on your interaction—it can simply provide you with something fun to talk about. But saying you are neighbors with Bruce Willis and play tennis with Boris Becker is a problem. She will soon find out and you will lose credibility.

The point is - be honest! She will have respect for you and love you! Besides, why be with a woman who cannot accept you for who you are? Have pride in yourself and the things you do no matter how small they appear to others. If it means something to you, people will see it and then it will mean something for them as well.

Bold / Assertive and Dominant

If only I could show you how being bold affects a woman! A bold man sub-communicates dominance and control. Most women love to be controlled by a dominant man.

When you are in a set, display dominance by the way you approach and how you use tonality of speech. Have firm body language and make strong eye contact. Start touching (not groping!) as soon as possible. If you wait too long to initiate touch you will establish that you're there to chat and it will be harder to change her frame of mind.

As I mentioned earlier in the book, research indicates that men who touch women for a few seconds while asking them to dance have a much higher rate of getting approval than the ones who don't. Keep pushing the boundaries further and further. Don't make excuses for anything. Most men can get away with far more things than they expect.

Always lead. Tell her what to do next as oppose to asking her or giving her options. She can always say no if she doesn't like what you have to say. "What do you want to do next?" sounds like you are unsure of your self. Since she does not want the pressure of making choices, she will mostly call it off or at the least you will lose major points. Always have a plan of action. Lead her by her hands. Hold her hand and take her where you want her to go.

An example: I once met a woman at a bar, and within minutes of meeting her, I made her sit on my lap. Instead of just kissing her, my next step was to initiate full-on making out. I had other plans for the evening so I had to leave her at the bar; however, we made plans to meet again.

Later she told me that initially she was not attracted to me but she was amazed as to how bold I was. She also told me that she was uncomfortable at first since I initiated a full make out so soon. She admitted that she continued to see me because she was curious as to how far I would take things. She said that she was happy she did. I do not tell you this to brag, but you must know that high risks have high rewards especially in the field of dating.

Your new motto: **NO GUTS NO GLORY!**

Successful

Women like successful men but you do not have to be Bill Gates or Donald Trump to be successful. You simply need to have the traits, values and lifestyle of a successful person. If he believes in himself, a small stand up comedian who is working hard to realize his goals is as successful as Steve Jobs in the eyes of most women. Women simply want to make sure you are not a bum who will mooch off of them. They want a good lifestyle and want to make sure they can have it with you.

This does not mean they are looking for a sugar daddy. It means they are making sure you have the desire to enjoy a full and active life.

If you can demonstrate that you are someone who is striving to be beyond the norm, you will pass the woman's tests.

Desirable to Other Women

This one is a “no-brainer” Everyone likes to be with popular people. You must have something valuable if other women want you. This is why even ugly rock stars get laid like crazy. This is very powerful and you should use it to your advantage every time you go out. Mingle with a lot of people (men and women alike). Women are always observing. If they see you with other women, they will be jealous and want you. You can easily embed in your

routine being surrounded by beautiful women...just flirt or get a little physical with other women in the scene. You can also have a “wing woman.”

Sometime back I used to work at a liquor store. There was a guy who used to regularly visit our store. He was less than five feet tall, but I had seen him sleep with every woman in the neighborhood. He dated a woman to which I was very attracted.

One day she came to the store visibly upset and crying. I asked her what happened. She told me she was hurt because she was in love with him but he was paying more attention to another girl. I couldn't understand this dynamic (at the time) because I did not yet understand seduction. All I could think was that the other girl was fat and ugly. Why would he choose her over this pretty girl?

Being the nice guy, I made her sit down. I tried to convince her for over an hour that he did not deserve her, he is a bad person and he sleeps around with women. Little did I know that by saying all of these things I was creating higher value *for him*. Yes, she would rather be his slave and get acceptance from him than walk away.

Now, I am not suggesting you be like this guy, but a little flirting and demonstration of desirability by other women can help to heat up things. So flirt with other women and create value for yourself. It almost always works.

Humor

There have been hundreds of polls which show that women give high points for humor. This does not mean you have to be a stand up comedian; it just means be fun and easy going. Laugh and make her laugh. Have a joke or two up your sleeve to lighten things when needed. Make sure to not make too much fun of yourself or you will come across as someone with low self esteem. Humor is a way for a woman to ensure she is with a laid back guy and living with him won't be stressful.

Attractive

It never hurts to be attractive. It only helps with your confidence. This does not mean you have to look like a model. That being said, I strongly recommend working out 3-4 times per week. Again, you don't have to be buff. If you work out regularly, you will have a toned body and your clothes will fit well. You will look attractive. Maintain good fashion sense. No one is asking you to wear Gucci or Prada, but be caught up with the trends. Have a decent hair cut and do not look like a moose. Chew gum—no one likes garlic on your breath. Have a few interesting accessories on you.

Don't over do it. You do not want to come across as a performer. Yes, you can get a lot of attention if you are a performer, but it does not create high sexual value. You want to

demonstrate that the bold clothing you wear is your lifestyle choice as opposed to your job requirement. Some argue the contrary, but here is how I look at it: If you are relying on your job outfit to make the impression for you, it might work now, but what happens when it is not there? You want to build more skills and use fashion as a tool instead of relying on your outfit as a crutch.

Having fashionable items will also enable women to approach you. Very often a woman starts conversation with me by complimenting me about something I am wearing. Regularly, women compliment me about my hair and even mess it up. Doesn't that make my job easy?

Mysterious and Adventurous

Women love mysterious and adventurous men. It brings excitement. I learned this accidentally a long time back and always make sure to use it. Never reveal everything to her in minutes like a documentary film. Hold on to things and let her get to know you slowly. If she wants to know about you, tell her you would like to play a question game. I ask her a question and she asks me one. She cannot ask the same question I asked and so on. Make her work and struggle to get the answers.

Sometimes just hold back the answer and tell her you are not ready to discuss it right now. She might test you by saying that she cannot date you if you don't trust her, etc. Don't fall for it. She is not going anywhere until you satisfy her curiosity, but if you do it too soon, you will be the regular boring guy.

Be spontaneous and surprise her. Often I just tell a woman to meet me. If she inquires about the activity, I tell her it is a surprise. I will also tell her that she needs to dress up or down, wear walking shoes or be ready for a fancy event. She will do everything to get it out of you but will hate you if you ruin her pleasure by disclosing these plans.

Open-Minded

Be open-minded. Let her know that she wouldn't have to sacrifice her lifestyle, friends and family to be with you. This especially holds true for people from different ethnic groups. If she realizes that you will try to change her values or lifestyle, she will disappear before you can count 1-2-3. You need to be open-minded and accept her for who she is. If there is something you don't like about her, you should find someone compatible as opposed to trying to change her.

I meet so many men who want to date a girl from a different culture but at the same time want to change her values. You cannot EVER expect this from a woman. At the same time, do not give up any of your own values. I meditate every day and every woman I date knows not to get sexual with me after my morning shower until I finish meditating. They love me for my values and often join me of their own will. They know I am not forcing any of my values upon them.

You do not have to work extra hard to demonstrate that you are open-minded. You just have to make sure you do not act close-minded. It does not mean you can't differ with her on

topics. You just can't expect her to agree with you. Respect the differences and all will be fine.

Sexual

Sex is a big component of a relationship. Sexual satisfaction has the power to make or break a relationship. Good sex can often make a woman stay in a bad relationship and bad sex can often make her leave a good relationship. Let's face it—if you are the only one in the relationship who is sexual and you are not great at it, our mission is doomed.

Don't let this bother you; we will discuss sex later. For now just remember that you need to demonstrate early on that you are a very sexual person. Let her know that she will have pleasures in all forms and variety. Women love sex more than men do, believe it or not.

In present society, it is not easy for women to meet men solely for sexual pleasure. Men feel as though they have liberty to do this – women, not as much. When she meets you, she needs to make sure she has a partner who is sexually open-minded and adventurous.

You send this message to her by being comfortable with the topic of sex and getting sexual early on. I touch women and get sexual with them because I truly believe there is nothing wrong with it. I believe we are born to be sexual. If a woman tests me about this, she will find no discrepancy. Congruence is achieved.

I never convince a woman she should have sex with me, but neither do I back down from making sexual advances. They know they can trust me and that I will never pull any tricks

because I have many more options should I choose to go elsewhere. At the same time, I will try my best to get into her pants without acting needy, for I am a man who is attracted to her. Women love this frame!

The above paragraph is something I often vocalize and tell women so they know what to expect. Don't hesitate to be sexual. You will lose big points if you hesitate.

Putting Values into Action

Now that you know some important key values to demonstrate, use your fashion, body language, and tonality along with few powerful routines/stories to demonstrate these higher values.

At this point I am taking the transition for the opener, “Have you ever stood anyone up?” and marking the high values to give you an idea how it is done. The text in brackets will discuss the values in the routine.

Transition to “Have you guys ever stood anyone up?”:

So check this out! A few months back I went to this fashion show for hair products in San Francisco put together by L’Oreal. (I have a life and I go to interesting places and events.)

A very good friend of mine invited me to this show, also my old hairstylist, (I have good friends who like me and I do activities with them.)

Who by the way is also a great hairstylist. Before I met my current hairstylist, who was recommended by him, I never let anyone else touch my hair. I am very fussy about who touches my hair. In fact, believe it or not, I used to fly to him every month from New York to get a cut. (Interesting facts about me. I pay attention to fashion and grooming. I have enough money to fly from NY to SF every month to get a haircut)

Anyway, during the show I met this French girl. She was one of the models and we hit it off instantly. (I date beautiful women and beautiful women like me.)

We decided to go boating for our first date. (I'm the kind of a guy who does not like the dinner – movie date. It's too boring, too cliché. Besides, I am the kind of person who likes to do activity - something fun!) *She was also one of those open minded, adventurous girls, which I really liked about her. I loved every minute we spent together.* (I am adventurous, exciting and fun. I like to do activities and dating me would be a ball. Again, I was dating a high quality girl.)

So, we decide to meet at Marina Del Rey. Now, as I am walking towards the pier there is this gorgeous woman who walks by and makes an eye contact with me. For me, it is very common to make eye contact with women. I do it all the time. But as she is passing me and I am looking into her eyes, I want to talk to her and then all of a sudden there was this voice in my head screaming

at me, "What the hell are you doing?? You are here on a date. You can't talk to her!" (I am confident. Meeting and seducing beautiful women is very easy for me. Women get attracted to me and respond to my moves all the time. But I am honest, sincere and faithful. I do not cheat.)

Technically I'm still single but still I have some principles and I will never do that! Doesn't mean I have not dated multiple women in the past, but I never cheated on any of them. They all were aware that I was seeing other women. (Same thing again: I love women. I am capable of dating multiple women at a time. But I don't cheat; I have power.)

In fact it is so funny; they say truth is stranger than fiction. This is the only time in my life I dated four women, and two of them were in the same class. Now try managing that! It was hilarious! The way I managed it was that I told both of them that they cannot sit with me in the class as I do not want other people to know about us. It was supposed to be a secret affair. The funniest part was they both were friends sharing the same bench totally oblivious to the facts.

This piece is a little funny so I come across as funny after mentioning that. Also, I discuss a secret affair so I come across as mysterious. Keeping in mind that I don't want them to think I am a cheat. I am keeping a secret to protect each woman's identity. They know other women are in the picture which also makes them feel safe with me. I am protecting them from being called sluts by other people.)

Getting back to the story, I decide that I cannot talk to this girl since I am on a date and I walk to the boat. I make a quick detour to buy some ice for the beer and some other stuff. As I walk to the boat, guess who is standing there? It's the same girl I made eye contact with! And I was like, no wonder I felt such strong connection when I made eye contact with her. (I'm diffusing the situation so my story does not sound like bragging. She made eye contact not because I was cool but because she was my date. They already have heard enough that I am capable of attracting other women. Now I sound polite and humble by saying she made eye contact.)

We started talking about it and she told me that she thought I stood her up. She thought I probably did not like something about her and so decided to ignore her and walk away. (Beautiful women think I have high values and power to reject them.)

She then told me a story how she once stood up this guy in France who had traveled three hours to meet her. She went to the train station, saw him and decided to not to talk to him. She called him later and accused him of not showing up, etc. And as she mentions this story, I realize I have done the same thing. (Displaying high quality of the girl I date and the comfortable communication between us.)

Anyway, I and my buddy were talking about this night, and I think that everyone has had this kind of experience at least once in their lives. You guys seemed like someone who does this all the

time so I thought I'd ask you if you ever stood anyone up? (Ending the routine and establishing commonality.)

Exercises

Exercise 5.1 – 3 Openers & Transitions

Write 3 openers and 3 transitions/stories. You must create them out of your true experiences.

Try to include as many values as you can without being obvious.

Exercise 5.2 – Delivery

Practice delivering these openers and transitions ten times each in front of the mirror.

Exercise 5.3 – Inclusion

From now on, include your personal openers and transitions/stories in your approaches. I hope you are approaching regularly! Remember there is no better learning tool than experience!



TESTING
ATTRACTION

Testing Attraction

Now that you have delivered your routines, it's time to test if she is becoming attracted to you. Testing attraction is very crucial for success. If you end up getting sexual before she is attracted to you, you may run the risk of losing her. Testing her level of attraction increases your odds of success when you get sexual with her.

There are a couple of ways to find out if she is attracted to you:

Pay attention to her body language. You will get a lot of subconscious clues from her non-communicative language.

You can also use some tests to find your answers.

After the tests, if you conclude that she is becoming attracted to you, get to the next step and get sexual. If she is not there yet, then deliver a few more attraction routines, tease her a little more (I will discuss later in the book) and demonstrate some more high value. Then test for attraction again.

Below are the ten most important clues that will help you decide if she is attracted to you.

Ten Clues She is Attracted to You

She is always looking at you

This one is more suited to knowing if the woman is attracted to you before you approach her, but I thought this might be a good place to discuss it.

Observe her. Do you often find her looking at you when you look at her? Does she look away as soon as you look at her? A woman making eye contact is a good sign that she is attracted to you and that you can approach her.

She smiles

This applies more to pre-approach as well. If she smiles at you with eye contact, or if she responds to your smile with one of her own, that is a welcome sign and it is time to go in. If she is smiling while talking to you, she is enjoying your company and that is also a good sign.

She makes efforts to get your attention

If she comes and stands around you (quite often with her back towards you) or gets real loud with her friends (starts to enjoy the event so much that you can't help but to notice her), these are signs that she is trying to get your attention. You know what to do at this point-- Approach!

She plays with her hair

Hair preening is probably the most obvious signal that woman gives subconsciously when she is attracted to a man. This can happen while you make eye contact with her before you approach her or after you have already engaged her. This is also a sign of sexual interest and you can go for the kiss if you have been talking to her for some time.

She starts or maintains conversation

If she initiates the conversation with anything, including 'My dog just died in a car accident,' she is trying to get to know you. If you are already in conversation and she makes equal effort to keep the conversation going she is interested in you. Don't waste too much time to getting sexual—she might start to think you are there only to be social with her.

She laughs at your jokes

If she laughs at your jokes or funny stories, no matter how silly or bad they are, she is attracted to you. Laughter can be a mechanism for women to release sexual tension. So take it as a sign to move to the next level.

She inquires about your hobbies and personal life

If she inquires about your personal life, your family, friends, a girlfriend or hobbies she is trying to figure you out. She wants to assess if you are compatible with her. She won't invest herself unless she is attracted to you.

She compliments you

If she compliments aspects of you like your personality, your clothes or your body, it is safe to assume attraction.

She is comfortable with sexual discussion

If she is open to discussing sexual issues and you don't get sexual then there is no hope for you. She will not sit and discuss sexual issues or preferences unless she views you as a potential mate. Make the move.

She gets physical with you

This is as far as she will go on her own. I cannot tell you how often I see women touching guys and they don't get it. Men don't respond back. Not responding kills the attraction. Her touching you is a fool-proof sign of comfort so it is time to step up. Women don't touch men except for the social hand shake unless they are comfortable or attracted to a guy. It can be a soft gentle touch on the back of your hand or a playful punch while you are teasing her. All these should be interpreted as sign of her interest in you.

Here are some other sign you want to watch for:

She strokes her neck while talking to you.

She often looks at your mouth.

She tilts her head sideways.

Her pupils dilate.

She holds eye contact with you.

She doesn't look around the room or at her friends very often.

She is comfortable with you touching her and doesn't pull back when you get too close.

She is comfortable when you hold her hand and does not pull it away at the first opportunity.

She is comfortable leaving her friends and moves around with you.

She gives you the dreamy look.

She mentions your name.

She leans in.

Exercises

Exercise 6.1 – Trust Test

Incorporate a Trust test in every set from now on.

Exercise 6.2 – Trust Test Practice

This week, do at least three approaches where you carefully evaluate attraction at every level. Pay attention to body language, posture, comfort and other signs of attraction. Run the trust test and leave.

Before you do the next set, write down on a piece of paper everything you observed. For example: she let you keep your hand on her knee (a positive sign). She leaned back when you went for the hug (You need to do more to generate attraction). When there was a positive sign what did you do and what more or what else could you have done? Same for when she passed a negative sign—what did you do in response? What else could you have done?

QUALIFYING WOMEN

Qualifying Women

Very often men profess their desire to be with a woman without first qualifying her. This makes the woman think that you like her solely for her looks, which often leads to failure. Most women want to be admired and appreciated for qualities beyond looks. Though it is flattering to get a compliment on looks, it is not what leads to a relationship.

Men should qualify women for two reasons.

First, it gives them the opportunity to find out qualities about that particular woman and decide if she is worth the time. Why waste your energy on a woman who has nothing going for herself, is unhealthy or possesses traits that may not suit you? Second, you want the woman to participate in the seduction process. The process of qualification makes her participate in the process.

If the seduction is one-way (where man makes all the effort and the woman does nothing to participate), chances are it will not go anywhere. Think about it. If after the first few minutes you are still doing everything, it will soon appear that you are chasing her. You create a situation that indicates you value her too much, resulting in her not holding any value for you. If she values you she would make some effort. At any point if you realize that she is not

making any effort, you can take a step back and throw some more attraction routines or tease her, or make her jealous – or all of the above!

Rarely will women qualify themselves. A woman might tell you something like she has shoes similar to yours at home. This is her way of letting you know that she is your type. This is where clothing accessories help you big-time. It gives women the opportunity to compliment your style or be able to relate to your fashion.

Now that you know this, help her qualify herself. Facilitate her with some topics that are important to you. Ask her questions about her hobbies, travel experiences or desires in life. If she is attracted to you she will tell you how much she loves them or will share her experiences and desires. Use her answers to the questions to qualify her by paying compliments.

You can be super-expressive about how cool it is to find out things about her. REMINDER: You are appreciating her values, attitudes and belief system as opposed to just wanting her body. At this point say things like, “I love you for doing that,” or “I love that about you,” or “I love that you are into Hip-Hop.” Do not make simple compliments like, “I love you,” or, “You are so sexy.” You are trying to qualify her for *who she is* as opposed to *what she looks like*. This will let her know that you are attracted her as a person. Every human being wants that.

Women will love you if you spend time trying to qualify them. I once asked a friend to tell me the first three impressions she had of me when we met. One thing she mentioned was that I love women. My response was, “Did you just say that I came across as a playboy?” She replied by saying, “No... I think playboys don't like women. You do like women because you spend time asking us questions about our lives. You try to get to know us.” Very powerful!

You can generally ask her questions about anything that interests you, but avoid hot issues like politics, religion, class and culture.

Some of my favorite topics are:

- Traveling
- Hobbies
- Passions
- Career
- This is how you do it:
- Ask her a question.
- She responds.
- Discuss it some more.
- Pay her a compliment.

Example:

You: Do you like Salsa Dancing?

Her: Oh, yes, I dance myself!

You: Are you any good?

Her: Yeah, I just won the inter-galactic salsa dance competition.

You: [High Five] That is awesome! I love women who can salsa dance!

Ask a few of these questions. That should be enough to make her feel you are trying to get to know her and appreciate her for her qualities. I often use “Truth or Dare” or “The Question Game” to reach this point. Be creative and have fun!

Exercises

Exercise 7.1 – List Your Qualities

Make a list of qualities and things you want a woman to possess. Frame qualifying questions around them. For example, if you want a woman who likes to watch sports with you, frame questions like: “Do you like to watch sports?” or “Have you ever watched any sports? Which one and when? Did you enjoy it? Would you ever watch it again?”

Exercise 7.2 – Ask Three Questions

Ask these questions to at least three women this week and evaluate their responses. Very often you will be surprised that this might also become a useful opener. If you move this toward becoming an opener, you have to ask something really bold like, “Would you ever go to a strip club if the right guy asks you?”



ESTABLISHING HARMONY

Establishing Harmony

At this point you have approached the woman, made her feel attracted to you, tested her level of attraction and showed your interest in her. Now, it is time to establish harmony. Building harmony is very important. Most women do not want to feel like sluts. If there is attraction and you go for sex, very often, they might pull back because they don't feel a connection with you. Even if you want to have a one night stand she still needs to feel connected at a certain level. By establishing harmony you accomplish that connection.

Harmony means agreement in feeling or opinion. Your job is to do just that. Form a connection and get in sync. Find commonalities. You want to form a bond with her. Create something special between the two of you.

You must have heard women say, "It is different with him. I feel different when I am with him. He understands me." That is what you have to establish now. Your goal is to make her feel utterly comfortable with you. You need to make her start trusting you. She should feel special. Your connection with her should be a deeper one. It should be more emotional, serious and less playful.

THIS DOES NOT MEAN YOU STOP TEASING HER OR STOP BEING PLAYFUL. It simply means you will reduce it and not tease her about things that mean something to her.

NOTE: Teasing and attraction continues until you have had sex with her. Teasing helps generate sexual tension. The absence of this sexual tension will eliminate the feelings within her which lead to sex and a relationship. I never stop teasing and being playful no matter how long the relationship continues.

Six Tips to Help You Reach the Point of Ultimate Connection

Feeling Vulnerable

I remember the scene from the movie 'The Departed'⁶ when Leonardo DiCaprio is talking to his shrink. She looks at him and says something like, "Are you actually feeling vulnerable or pretending to be?" Next scene: they are having sex. Such is the power of feeling vulnerable.

⁶ Monahan, William, 6 October 2006, The Departed, <http://www.imdb.com/title/tt0407887/>

This isn't to say you have to go and kill mafia guys to feel vulnerable like Leonardo. All you have to do is let her in on little secrets or point to certain inconsequential flaws. This makes her feel that you are opening up to her and that you trust her. Make sure they are inconsequential flaws – this is the key. It is alright to mention that you struggle to use chop sticks and let her laugh at you. Don't start talking about how you ended up beating your ex-girlfriend's father because he did not like you.

One of my ex-girlfriends was very skeptical of our relationship when we first started going out. I didn't realize the power of vulnerability or rapport at the time. She was very attracted to me and we were already sexual, however, this was our third date and she just wasn't ready to sleep with me. In fact, she kept accusing me of being a player. Looking back now, I understand why this happened. I did not bond with her and she felt that all I wanted was sex.

One evening we were at a wine bar drinking when I started sharing some secrets and embarrassing moments with her. At one point she ended up saying that now she knows I really like her or else I would not have shared this secret with her. DING-DING-DING! The bells rang. All of a sudden I realized what I was missing in my interactions with women! From that point on I always made sure to let them know I trust them by being vulnerable.

Get Personal

This is the part where you absolutely *must* get personal. Show interest in her family, career, dreams, friends and whatever seems to be important to her. Return to her the same favor—let her know you on a personal level. Do not only find out how many members are in her family, but get to know the slightest intimate details about them. Who is she closest to and who would she kill if she had an opportunity? This will help you both feel like you know each other on a deeper, more intimate level.

Emotional Discussion

This is one of the most powerful weapons in your arsenal. The greater the variety of emotions you can make her experience, the more she will feel she has a connection with you. Try to discuss the emotions from life's past, present and future. Find out childhood memories that she cherishes and why she cherishes them. Find out childhood memories that hurt and why they hurt her. Make sure this discussion is all about emotional state. Your goal is to first find out the events that made her happy or sad and then make her re-live those experiences.

During the early days of my learning, I would often screw-up and make them feel extreme emotions. I remember them sobbing for a good long time in my room only to find myself

having sex with them few minutes later. No matter what I did, it never went wrong. Make her experience different emotional states when she is with you and she will feel like you understand her. It will help build an instant emotional connection.

Make Memories

Make as many fun memories as you can! This is very powerful! I am always up to doing something fun and creative no matter how little or how silly it is. It all counts. Remember the scene from Titanic where he is standing at the front of the ship arms spread wide? I don't know how many comedians have made fun of this scene. Ask any woman and she will find it very romantic. What actually happened in that scene was that Leonardo lead Kate through an experience she did not have on regular basis and created a valuable memory only they shared.

I usually discuss topics or do things which I know she does not experience on a regular basis. Make her take off her shoes and walk on the street pretending to be walking at the beach. You both have to role play. She will hesitate at first and then go along with you. As silly as this may sound, she will tell all her friends about this crazy act. Take her to an improv class on your first date and see the magic of acting goofy. Make a guy buy her a drink, pretending she is single and interested. Make sure she knows what you're up to and make her part of this plan to scam the guy. Have nicknames and code words. Sneak into a hotel spa or Jacuzzi

when you're not a guest at the hotel. Oh, and a secret hand shake – I cannot tell you how powerful it is!

The idea is to become partners in crime. These are your silly secrets and moments. No one can be part of this—just you and her. It's yours!

Change Venues

Change venues as soon and as often as possible. When she will think of time spent with you she will have memories of different places. Every time she will be around one of those places, she will think of you and all the silly little things you both did.

I usually prefer to go to different places on a first date that I know most guys will not take her. Go and play some sports, go sailing, visit a zoo anything but the dinner and a movie. Something competitive works very well because it gives you both the opportunity to tease and get physical. I once took this girl to get some fencing lessons (sport). While we were fencing, she scored a point on me. I used this as an opportunity to throw my helmet then wrestle with her. I threw her on the ground, started to tickle her and few minutes later we were making out.

How can a woman not want to be with you if she is having such good time, visiting interesting places and doing interesting things with you?! This will be discussed more in a later chapter.

Discuss the Future

Discuss your future together and talk about things you will do together down the road. Don't only talk in general but discuss the finest details. Talk about things you'd like to do and how it would feel to do them. By discussing your future, you are reiterating the idea of a future together. Stability and a long term relationship is something most women are looking for. This will help her clear her doubts as to whether you are just trying to get into her pants or will be there for the long haul, however, be very careful not to make extreme plans too soon. You don't want to discuss moving in together on the first date – you might freak her out. Keep it simple and fun. Your tone should typically convey, “Now that I know you enjoy fishing so much, we can go together on the fishing trip I am having at the end of the year.” After you say this end with the phrase, “If we're still together...” Only say this *if you mean it!* Don't give her the idea that you will be around later if you have no intention of doing so.

Your ultimate goal in this phase is to bond and become one. Get her emotionally connected to you. Let her know she can trust you and vice versa. Have fun, and she will crave you!

Exercises

Exercise 8.1 – 3 Different Routines

Write down three different routines from your personal life that show some vulnerability but do not lower your value. If a girl punched you in the face when you were flirting with her...this disclosure brings your value down. Dropping out of school to get a job so you can support your family is a good vulnerable detail. Don't play this one too much, however, or you will come across as broke. Vulnerable routines should generally be something that happened, but rarely affects you other than emotionally, and then only once in a while.

Exercise 8.2 – Practice

Practice delivering the above exercise.



BEGINNING
THE RELATIONSHIP

Beginning the Relationship

So far, everything we have learned enables us to establish a sexual relationship with a woman.

In order to make this happen you will need to exchange numbers and go on dates before you have sex.

In the next few chapters, I will show you how to get a woman's phone number, how to call her and what to say. You will learn how to set up a date that leads to sex. You will also learn how to have sex the same night you meet her.

Phone Calls and Texting

Whether your objective is to set up a date or continue interaction after your date, you will need to make use of phone, text, chat or email. Your goal is to generate, re-generate, or maintain attraction no matter what medium is used.

How you contact her depends on what options are available. Maybe she only gave you her email address as opposed to her phone number. Ideally, you should have a strategy for all modes of communication. Be comfortable regardless of the medium presented to you.

Always keep in mind the following:

Research indicates that women prefer SMS (texting) over any other media. This enables them to respond at a convenient time and it makes them feel in control. This is followed by E-mail, Messenger chat and phone call. You have more control in a phone conversation because you can use your tonality and routines to generate attraction. Telephone can be more challenging because you never know if you're getting her at an opportune time. An advantage to the use of SMS (text) or Email is you have more time to think and respond.

You can get overtly sexual on text and chat because, for some reason, the messages do not feel very personal and immediate. Make sure to diffuse the sexual tension or she may not come out to meet you (discussed in detail later).

No matter what medium you use, don't jump to asking her on a date right away. This is what most guys do and you do not want to be one of *those* guys. Build rapport and have fun. Let her wonder why you did not ask her out. If you can put her in this frame of mind then you get her attention. She is much more likely to come out and meet you.

Ask for her number to follow up with a specific goal. Don't say things like "We should hang out sometime," or "Gimme your number so I can call you sometime." Be specific and have a plan. Try to get her to do something specific. Make a plan like going to pet baby pandas or water skiing this coming Saturday and then ask for her number. You can also be direct and

say something like, “I must get going, but I would love to know you better. Write down your number here.”

At times I prefer to ask for her email as opposed to her phone number.

- 1.) A phone number is so clichéd.
- 2.) I can be so much more creative with emails. If she is attracted and you have established the harmony, she will come to meet you whether you have her phone number or not.

It actually drives them nuts when you do not ask for a number, e-mail or a date right away.

Very often I continue to play some games, which I will list in a moment. You can start to see a change in their language or tone. They will start asking for your number and a date with you. I find it extremely powerful!

Three Steps to Building the Structure of Phone Calls, E-mails, SMS or Chat

There are three steps to build the structure of phone calls, e-mails, SMS or chat. I will use a personal interaction with this woman I met at the Playboy Mansion (thanks to Savoy who

invited me and paid for my ticket) to give you a better understanding. We did not spend too much time talking that night but we did end up taking some pictures. We also made fun of her clothes. (This will be part of my interaction with her) Below are the three phases:

1. Beginning (Initiating contact)
2. Middle (Attraction and rapport)
3. End (Asking for the date)

Beginning – Initiating Contact

This is the phase where you initiate contact. You call or e-mail or send a text. I doubt if you will ever initiate your first contact over messenger but “never say never”. The key thing to remember here is not to be the dull and boring guy. Most people are very generic when they initiate a phone call. “Hey how are you?” “Was nice meeting you yesterday!” “I was wondering what you were doing this Friday evening?” “Would you like to join me for drinks?” Now, read these again five times and ask yourself how you would respond. Just typing these words bored the hell out of me. If I had any attraction for the person saying these lines you bet it would be gone by now.

Any time you initiate the phone call, email or whatever medium you use, start with high energy. Be fun and creative. I often start by sending text which has some relation to last time we hung out. The message should be fun! For example: The entire night I was with this woman, we were being competitive and playing games. I was also teasing her about her

clothes. We ended up taking some pictures so I used the pictures to initiate conversation. I would start by sending a text like, "I beat you to text. I rule!" I almost always get a reply to this. If you get her voice mail you can use the same strategy. Just be excited that you beat her by being the first to leave a message.

I can't remember who I learned this from but someone once told me to start talking and cut off at an interesting point to entice her to call back. For example; I would start by saying, "I cannot believe you actually....." and hang up. She is now curious as to what and will call you. I have used this super effectively, but my favorite mode is texting.

The whole idea is to be fun and compelling so that she wants to continue. If you initiate the conversation with a topic from a previous meeting, you have already put her in good mood to continue with you! (Assuming you both had good time together.) This will enable you to continue to the next level or get her to reply to your text or phone call. I used a simple text to open her because I knew there was a lot of attraction and she would definitely respond. So here is the

opening:

Me:

"The pics from last night were awesome. Text me ur email and I will send em to you. Later"

Her:

"XXXXXX@XXX.com. So nice meeting you too!"

Me:

“T,

Here are the pictures with “your ass half hanging out”, ha-ha, I loved your sense of humor.

<http://www.XXXXXXXXXXXXXXXXXX.jpg>

<http://www.XXXXXXXXXXXXXXXXXX.jpg>

Send me the pictures from your camera.

Ciao bella,

-Magic”

Her:

“They came out great!! I'll forward ours too!!!

I have to ask....are those blue eyes real?!

Still can't believe i wore that outfit in public!!! Haha!”

Sent from my iPhone

Me:

“I know – u r such a bad girl. Does your boss know that? (He'd probably give you a raise
hehe.)

What's your guess: real or contacts? (you lose you buy me coffee, You win you buy me
dinner ☒)”

Her:

“I say fake and you buy me dinner if I'm right. Haha.”

Me:

“Ha ha I love you! You are hilarious! I am never playing “Bullshit” with you, you’ll call me every time!

Yes they are contacts... “

“U use aim?”

Her:

“I’m from Boston, it’s a natural talent. hahaha!

yes...but I don’t know how to hook AIM up on my phone, so I’m a big texter. I always have it on when I’m at work. Same screen name.”

Me:

“Good luck competing with me on text messages. No one beats me with texting, I hold the world record. and so feel free to text me when ever...

All right time to get ready and go to my agent’s birthday party. Will catch you tomorrow on aim. My screen is “XXXXXX”.

Good Night and dress well”

Her:

“This is the one from our camera.....pretty much the same as yours. We had a blast looking at all our pictures from last night. haha! Too fun. Almost too much wine. ha.”

Me:

“Very nice! Yeah last night was a blast and we look smokin gangsta’s in our pictures!”

NEXT DAY

Me (text):

“I totally beat you :p”

Me (text again right away):

“Double whammy. I own your ass now”

Her:

“I was just about to text you but you beat me first”

(She called me at this point and I hung up on her and sent her the following text.)

Me:

“Oh my God you totally tried to cheat. Not fair. You cannot call. we are playing the text game right now.”

Her:

“I totally tried to cheat. Hahahahaha”

Me:

“Hahahaha.

Why do I sense you're going to be trouble”

Her:

“I have no idea what would give you that impression ;)”

Me:

“Oh my God! you're such a silly goof! ☒

When was the last time they psycho analyzed you ;) Can I get a copy of the report?”

Her:

“I'll show you my results if you show me yours. Hahaha”

Middle – Attraction and Rapport

This is the part where you have to build momentum to get her to come to you. My favorite thing is to play games. These work miracles! I have never had a woman who did not compliment me on these routines. Women find these routines very creative and spontaneous. Later I will also teach you how to make your own game on the spot and get her involved so she feels she is part of it. But first, this is what I do after I have initiated the conversation, regardless of medium:

I start by telling three things about her and then she has to do the same. The objective of these statements is to set up a frame for her and subtly state that you appreciate her. These statements should also be emotional in nature as oppose to mere facts. One of the statements I would use is, “From what little I have gotten to know so far, you seem like someone who is very flexible and well calibrated. Someone who will totally put on an evening dress and look sexy if you are going on a date to a fancy restaurant. Also someone who can sit on the floor with your partner wearing sweats and suck noodles out of the box”.

(By making this statement I am making her feel good about herself. I am also sub-communicating that this is how relationship will be between us - which we will enjoy up and down times together etc. She will feel like you understand her.)

I will set the frame for these routines by saying/texting, “Ok I am going to guess three things about you and then you will do the same. Here are the rules: You cannot say the same thing I do. We cannot say the obvious like I'm Indian, dark skinned accent etc.”

Then I keep moving to the next game before the one at hand gets boring. I also use these games to set frames, to create a comfort level and to set future dates. (as you will notice in the continuation of the above interaction)

So let's continue the sample:

Me:

“Ok let's play a game. From the interaction we've had so far, guess three things about me or say three impressions you've had about me. Then I will do the same for you. You can't say the very obvious like you're Indian, you have an accent, you wear blue contacts etc...you got the point.

And of course we have to give the right answers then

The winner gets a ten minute lap dance”

Me:

“Oh and obviously no one gets offended or takes it personal except me. That is the most important rule of the game!”

Her:

“I never take it personal....of course I do I'm a girl. It's what we do. Haha”

Her:

“So you're going to dance for me...

Well if I can't say Indian I'm at a loss. hahaha

ok, here goes, first impressions:

1. Hilarious
2. Very Good Looking
3. Life of the party”

Me:

“God I hate you!!!!!!!!!!!!!! Yeah all these exclamations express my hate

But don't take that chair yet cause I call myself Magic for a reason Biatch ☒ Besides I always get a lap dance when I want and from whom I want (Ooh that was brilliantly cocky) Haha

You got two out of three right. Life of the party depends on my mood and the company. If I meet a sexy girl in catholic school uniform at Play Boy Mansion fuck Ya then I roll like a rock star. Oh well but I guess I have to give you half point for that you score 2.5

My turn- “Watch out here I come”:

1. Weird
2. Creepy
3. Psycho

Ha-ha”

Her:

“Loved the list!!!”

Me:

“Oh I’m sorry I forgot to mention ‘Goofy’”

Me:

“Haha. Hope you liked my list. Ok Ok Ok I’m sending you the real list in couple of minutes. I’m thinking right now. After all I need that lap dance”

Me:

1. “You are gorgeous, confident, extremely good sense of humor and down to earth
2. Very loyal, caring, trustworthy and dependable
3. A little contained or should I say shy but willing to try or take some risks

I told you 9 things hoping for an extra 5 minutes of that sexy dance.

Oh and by the way I like to be addressed “Sir Magic” when people send me emails saying you win!”

Her:

“Sir Magic or Master, whichever you like better. You've won, I've lost our first battle”

Me:

“Yay!!!

Oh and a minor correction, you lost the second battle. I won the text war this morning remember Continue at this pace and you’ll be my slave by weekend haha

All right girl was lot of fun! I guess I will shut down my computer now and sit in Jacuzzi for a while before John Stewart starts on comedy central. I love his show!

Have a good night and try harder to score some victories tomorrow while I’ll be distracted dreaming of that steamy lap dance I just won”

Her:

“Ok I am writing questions to ask you for the next game”

Her:

“I went easy on you....!!

What's your favorite movie? (mine is a tie between Pretty Woman and Drop Dead Fred)

What's your favorite color? (I need to know what I should wear for the lap dance) How tall

are you? (I'm 5'2" and you seemed like a giant!!!) When is your birthday? (in case I need to

bake a cake anytime soon!) Name something you can't live without One quality about you

that I would never guess (I'm a REALLY bad driver) What am I cooking you for dinner?

Do you have any kids? Wife? (you never know!!!) When are you letting me crash your

jacuzzi? (and your wine collection?! Haha) What's your favorite thing to do? (I have lots!!!)

Guiltiest pleasure? (I'm obsessed with The Hills) Your favorite restaurant

Reward for answering all questions...you get to take me out to drinks.

Haha!!!”

Me:

“You just won't make it easy for me, will you? It's cool I'm up for the challenge :) You'll have

the answers by tomorrow noon followed by a set of questions and the rules for next game. :)

Adios my curious friend!”

You can notice that she is totally participating in the interaction. If at any point she would

have slowed down I would have either slowed down or teased her a bit more to generate

attraction.

At this point, I answer her questions and then send her a list of questions. I move on to next series of games. What I have done in this part is:

1. Achieve some comfort and make it feel like we are trying to get to know each other.
2. Make it fun, unique and creative at the same time.
3. Provide different levels of emotions and energy.
4. Set up a frame where I am telling her what to do.
5. Most importantly, I have provided a romantic date in the future with no day yet decided. (See how this plays into next step.)

Ending – Asking for the Date

Pay special attention to this part. This is where the real magic is. So right now we both are talking about this future date where she is going to cook and give me a lap dance. We continue to discuss more details along with different games we play. However, I am merely using the discussion of that date as a distraction! I will make her come out on a date without her knowing I did that.

So at this point I continue to play:

Truth or Dare

Deal or No deal

Bluff

Between these games I sneak a game that involves coming out and meeting me. The game makes no sense at all but it works every single time. Initially the game involves spotting each other at a public place that I chose. We are not suppose to talk to each other—just hand a piece of paper to the loser telling them how they will dress for the date we have been talking about. This is the most important part of the routine. She knows you both are not going to talk, and this sets the frame that it is another game and not a date. So she eagerly participates. If you don't mention this, it might sound like a date and the obvious will follow. But once we meet, I tell her that it is cool that she made the effort to come and let's have drinks.

Back to the interaction:

Me:

“So here is the next game. We will both go to Sherman Oaks Galleria at 7pm tomorrow and will be there till 8pm looking for one another. The one who spots the other person first wins the game.

Here are the rules:

We both have to stay on the same floor as cheese cake factory. Can walk inside any store but not leave the floor.

We can't disguise

Can't come with friends who help us with the search for you're a brat! :)

Upon finding each other we do not talk. No Hi, No hello

The winner walks up and hands a hand written slip to the loser suggesting how they should dress up for the dinner and walks away. (Now it has to be respectful, can't ask to show up nude – I mention that for I know you're creepy) ;)

I mention Sherman Oaks galleria for I assumed you live there 818 area code. We can always discuss another time or venue.

Agreed?"

Her:

"I love that game! You're quite creative!

I actually live at XXXX and XXXX - a couple blocks away from the GXXXX...BUT tomorrow I have to be in Westlake at 6pm....we can still do Sherman Oaks Galleria if you want, but later... or we can do something different...I'm up for anything..."

Congratulations we just got a date!

Games

Here is a quick intro to all games before moving to the next topic. The sole idea of using games is to start with some general questions/topics and move to sexual talks. This is a fun way of accomplishing your goals of generating or maintaining attraction, building comfort, setting up frames, continuing with seduction and getting her to come out to meet you.

Truth or Dare

I guess we all know what this game is about. If you don't, just Google it—there are online versions of it. You can get questions from there. (This I do not recommend because she might also be there.) If she finds out you borrowed questions from there you will lose value.

I personally feel it is better to be creative. This also improves your skills for the time when you meet face-to-face.

Begin with generic questions. These questions should be fun and unique. You are using this game to build comfort and to discover each other. So ask questions like “Have you ever cheated on your exams?” Gradually progress to “Have you ever cheated on your boyfriend” to “Craziest sex memory”. At some point you have to tell them they can't be opting for truth at all times and then make them do interesting dares. One of my favorites is to ask them to stop at any convenience store on the way home and kiss the clerk. I do not know what it is about this but women go crazy on this one and your value goes up tenfold.

Deal or No Deal?

The objective of this game is to set your desired frame, implant ideas in her mind which will help you establish comfort and bring permanence to the relationship. I might say things like, “If all goes well I would like to go on a romantic trip to Greece. Deal or No Deal?” “You would wear an evening dress the first time we go out. Deal or No Deal?” “Down the road, I would like to spend the entire weekend at home nude not leaving the house even for a

second. Deal or No Deal?” You can build questions using this game to accomplish your goals of setting frame, building comfort and planting ideas of stability.

Bluff

The famous game of “calling other person's bluffs” is a fun way to get to know each other. I only use this game to make things interesting and mix it up a bit. The more variety I have, the more I get to play. When you ask her to meet you in person her defenses do not go up because this seems like just another game. I set this “calling other person's bluffs” game with the frame that requires her to send me three things about her at a time and I will select which one is bluff. It starts from her childhood and ends in her bedroom. So she can recall three childhood experiences and finally three favorite sexual positions and you have to pick which one is not true.

Note: Every game should be played back and forth. You send her the rules and it begins. Sometimes she will come up with a game and rules. Play it. The biggest advantage to having variety is it really makes it easy to get her to come out and meet you because she is used to playing so many different games.

Constructing your own game in person

I enjoy constructing the game at a venue for few reasons:

Creative and unique.

Gives me routines.

Helps me set up frame for future.

She gets to participate.

I cannot emphasize enough how much women enjoy this! There are a lot of benefits to playing games. You never run out of material. You are in absolute control of where and when to steer your conversation. Most women love it because these games come from the popular culture of VH1 and MTV which they love watching.

You start by asking about their favorite TV show, break the show into parts and build game on it. Let's take the VH1 show "Rock of Love." I have never seen a single episode of the show. Once I met a woman and she was talking about the show. I asked her what happens on the show. She told me that in the show, women are trying to win a rock star. I instantly built a game where she had to perform to win me and then I had to do the same. From here we kept on building new games from popular culture and had a special evening of doing things she has never done before.

Note: In between games you have to bond with her. You do this by asking serious and personal questions without any game. This is the part where you don't use any routines and use normal tone of conversation. This prevents you from coming across as a "gamey" guy. If you play games and also talk serious ideas between games it makes you an interesting guy who is real. In the absence of this, she will think she can't have down time or any serious connection with you. This will kill the initial attraction.

Exercises

Exercise 9.1 – Write 3 Text Messages

Write three text messages you would use to initiate contact.

Exercise .9.2 – Plan 3 Middle Games

Plan three games that you would use for the middle part of the interaction.

Exercise 9.3 – Plan Another Game

Plan a game that you will use to make her come out to see you and how it will work.

Note:

You need to plan the games to the finest details. You need to know where you will ask her to come out and meet you etc. Of course you will modify them from time to time, but be ready so you are in control when contingencies happen.

Practice these games with your friends and refine them.

Exercise 9.4 – When On A Date

Plan three games that you can play when on a date.

Exercise 9.5 – Practice Games

Practice these games with your friends and refine them.

THE
DATE



The Date

Never-Ever, Never-Ever, Never-Ever, Never-Ever, Never-Ever, Never-Ever, Never-Ever, Never-Ever, Never-Ever, Never-Ever, Never-Ever, and Never-Ever go on a dinner/movie date, bar, or “romantic dinner” on your first date. If you do this, you can be guaranteed that another guy will be sleeping with her faster than your head can spin – even if you’re able to score on your date. Women need to have something unique; the dinner/movie date is boring and women mostly hate it.

I mentioned earlier in the book how a girlfriend of mine told me that she loved the fact that we did different activities for our date as opposed to doing the movie/dinner thing. This is the go-to date for most guys. If you learn nothing else in this chapter, remember: Don’t do it! By avoiding a classic date scenario, you also avoid all of the pressure that goes along with it.

Be unique and do interesting things. If you are confused, think about the comment in the previous chapter saying that I call women out using my game routine and then ask them to join me for a drink. Remember that the circumstance was not a date per-se. I simply extend my time with them.

Even then I do not take them straight for a drink. I will bounce between a couple of venues before I settle anywhere. So if I meet them in a shopping mall, I will walk with them to a furniture store (only so much you can do in this setting) or to a clothing store where we both will do some modeling for each other. My favorite is finding a Godiva store where I take them to eat a strawberry – banana stick dipped in chocolate. Very messy – and sexy! I will hand them the stick, take the napkin away and walk out of the store. I will tell her that she can't drop a single piece of chocolate. The same rules apply to me. The two of us now have no other choice than to lick our fingers and look like klutzes. Instant bonding. It brings down the defenses, causes a laugh and brings comfort between the two of you.

Dates – Examples

Date Example #1: Living in New York, I used to ask my date to dress up certain way. I'd ask her to wear a skirt, walking shoes and whatever else is needed for the adventure in mind. I'd ask her to pack a sandwich and meet me at a particular train station. Once at the station, I ask her to pick a random time and platform number. She has no clue what I'm planning. Using her choice, we spontaneously find a picnic spot wherever we end up. Very powerful. In LA, I do a car version of this date. I'll ask her to give me an amount of time we want to spend driving, flip a coin at every intersection to decide left or right. Once we have reached our time limit we'll stop at the most interesting venue close to where we stop. I only use this

on the second or third date. Driving on the first date doesn't allow you to escalate all that much.

Date Example #2: Meet on a Saturday around noon. Depending on the city, I will call them for riding bikes at the ocean or playing miniature golf. I have even gone scuba diving or had dance lessons. These activities give you ample opportunity to get physical and bond.

Date Example #3: Another time, I took a woman friend of mine to pick wild berries from a farm. This type of farm is becoming more and more popular and accessible so it should be easy to find in any city. Make sure to let her know that this is not something you do regularly as it sounds borderline OCD. Picking berries, eating them and throwing them at each other can get sexual very quickly.

Date Example #4: As surprising as this may sound, I end up taking almost every girlfriend of mine to a strip club. I never do it on the first date and I make sure she is someone I want to keep around for a while. Once she gets a lap dance and then makes out with the stripper, she is never leaving you. It is also an ideal time and place to plant threesomes in her mind. More on this later.

Be unique and creative. Stop courting them. There is a time for courting and it is called "later". No matter how silly your date idea may be, if it is unique, chances are she will enjoy it and compliment you for being proactive. Please, *never* ask, "What do you want to do?" or

“What would you like to do?” or say, “I am okay with whatever.” Remember, you are the one with a pair of balls so be the man and lead her.

Dating Rules

Be less romantic and more fun.

If you share a common interest, choose that as the activity.

Change venues a few times. Do different things during your date.

Don't be afraid to have a date during the day. There is less pressure, and if things go well it will continue on to the night time giving you enough time to comfort and seduce her.

Start touching as early as possible and keep escalating the contact.

Laugh, Laugh, Laugh.

Be creative and unique.

Let her drive.

Plan in advance to end the date near your house. This improves your odds of bringing her home.

Plan an idea early on as to why you would like her to come to your house some day. You want to show her a piece of art or play her some music. Then make “someday” today.

Bring women home during the day. There is less pressure. Who says you have to have sex at midnight?!

Always be polite to bouncers and servers. Acting tough or grouchy with them does not make you look strong or cool. Women find this a major turn-off.

Always flirt with other women in front of your date. It makes them jealous. Remember the distinction though; flirtation not seduction. Let your date see that other women like you and she will hold you tight.

Don't be jealous when other guys talk to her. I often use that as an opportunity to talk to another woman and make my date jealous. Sometimes I even bring other guys to buy her drinks.

Without being obvious, let her know that you are very sexual and that you know how to treat a woman in bed.

Never judge other people's sexual preferences or lifestyles. You don't want to sound judgmental and make her uncomfortable. On the contrary, you want her to feel you are open-minded and non-judgmental.

Don't drink too much.

Pick up the tab. If she feels uncomfortable doing so, it's OK; you can share or let her pay the next time.

Don't talk too much about your ex or stressful topics. Don't allow her do it either. Guide the conversation the way *you* want it to go and in a direction that leads you to your seduction goal.

15 Fun Dates

1. Picnic
2. Ice Skating
3. Book store
4. Rock concert
5. Frisbee
6. Beach
7. Horse Riding
8. Dancing
9. A Class (dancing, cooking, etc.)
10. Jazz Bar
11. Miniature Golf
12. Volunteering
13. Self-pick Farms
14. Sailing
15. Diving

The idea is to have a good time on your date. Try to avoid the romantic pressure and avoid the traditional date. Sports or being active really helps and provides you with ample opportunity to tease and touch each other. Touching and teasing builds comfort and sparks attraction. Add a little bit of serious conversation and some make-out sessions and you have the perfect date! By the end of the date when you're ready to invite her to your house, there will be a good chance you end up sleeping with her.

Use the information in this chapter for most of your dates, not just the first date. Using this book you are trying to build a new lifestyle, not just learning a few tricks to get the job done. This is the difference between being phony and genuine. Make everything in this book habit rather than tricks in your bag.

Exercises

Exercise 10.1 – List 5 Fun Dates

List 5 fun and unique things to do on a date.

List 5 fun places to visit on a date.

Exercise 10.2 – Visit Date Locations

Using the lists you've made, visit those places with friends to experience them. Write on a piece of paper how you can make them more fun and sexual.



Sex

Everything we have done so far is to reach this point and be able to have sex with the desired woman. Assuming you did everything right, she should be comfortable sexually and be willing to have sex with you. There might be times she may resist and I know there are lot of pick up gurus who have “supposed solutions” to overcome those obstacles. Unfortunately that does not match my style. I will not discuss anything that is manipulating when it comes to sex. If she resists having sex with you, you probably did not do something right.

I have been in the field for over five years now. I started cold approach way later in the game after I graduated from college. Until then all my lays were from social circle. I had more threesomes during my college days than I can remember. I am telling this not to brag, but to make a point. Never in these five years have I had a time when a woman did not sleep with me after all the above steps were completed. Once in a while, a woman might shy away or hesitate. I never tried to convince those women because there were so many more, and, believe me when I say this, I ended up having sex with all of them!

When I was young I was training for track events. Everything from 100 meter sprints to hammer throw. I trained eight to ten hours a day for over a year. My record was so good that

everyone knew I was going to get the most gold's. Most athletes didn't even come close to me.

A day before the events started, I went to my trainer and asked him to wish me luck. He refused to do so. He ended up saying, "May the best win! If you're the best you should win, if not then work hard and become the best". This made me very angry. It made no sense why he would not wish me victory. His lack of support shook me. I lost all my confidence. I withdrew my name from the events for fear of failure. It never made sense to me then but it makes perfect sense now. He wanted me to train and believe in myself and my abilities. And I wish you the same. I hope you become so good with practice that you don't need tricks to get a woman into bed. It will happen! It will definitely happen if you work hard at it! I say this from my experience!

The choice is yours. You are free to request a refund and still keep the book if this upsets you, but as I mentioned before, I take Karma serious and this is where I draw the line. Or you can believe in your self and continue to practice to gain mastery. Take my words and continue practicing...you'll be glad you listened to me.

That being said, let's discuss certain tools and logistics which will help reduce the awkwardness of having sex the first time and also as to how make it fun and original. Finally, I will talk a little about the importance of good sex.

Just like first kiss the first attempt to have sex can become very awkward and lead to death of sexual tension. In order to try to keep it from becoming awkward pay attention to the following rules:

Don't Start Seduction Prematurely

Very often people get sexual way away from the home and this can create extreme awkwardness. Don't start fingering her or getting overtly sexual at a place other than where you can have sex. If you both get sexually turned on at a place other than where you can have sex, the drive to home etc becomes very awkward and kills the mood. The first time you have sex, it should be spontaneous and should have a continuous flow from beginning to end. So wait till she reaches your place or wherever you can have sex. Then, and only then, get sexual.

Don't Talk About Having Sex

There is no need to be explicit about the topic or use one liners that have been done to death like "Do you wanna come in?" etc. She knows what to expect when you ask her to come home no matter what excuse you use. So be smart. You are not conning her to come to your

house, but make it less awkward by planning some activity to do at your place whether it is drinking that special bottle of wine or showing pictures of your dead cat.

Ideally you should bring this topic up way early in the evening as opposed to waiting till the last minute. Find something in your conversation and use it as the perfect reason for her to join you home. If she mentions she loves red wine, tell her as part of the conversation something like, "You know what...after we leave this place, we'll stop by my place and try this bottle of wine. I bet you'll love it." Sometimes I ask them to come and pick me up for the date, and then it is only polite to call them in.

Sex is no big deal for me. I think it is natural that men and women both want it and so I never pay too much attention to it. I believe that makes the whole difference. Your intentions behind calling her in are reflected when you ask her to come in. So any time you want a woman to come in, be casual and don't think about sex. Once she is in, if it happens great, if it does not, no big deal. Once in a while she may be uncomfortable to come in for whatever reason. No worries. Let her take her time, or move on if that's not what you want.

So stop revealing your intentions about having sex. She has kissed and made out with you before coming to your place obviously because she wants to have sex with you. Just be cool about it and let it flow naturally.

Be Creative and Spontaneous

Don't be like the every other guy who undresses and starts to undress her etc. Be creative and fun. I usually make them sit on throw pillows on the floor as opposed to offering them bed. Then start playing truth or dare and get sexual.

Here is something I use all the time. I pull out a board game. The only one I have is snakes and ladder. While playing, I will start to cheat. I will make it very obvious. I will move my cap to the top and bring hers down. We will laugh about it and she will accuse me playfully. At some point she will start hitting me. If she does not start on her own, I will push her gently a few times and we will start horsing around. Few minutes later we will be making out and be doing everything else.

Being a bartender, sometimes I will start by making fancy exotic drinks but in a very tiny glass because I do not want her to get drunk but only try them. From there I will progress to doing body shots, and before I know, I'll be having sex with her. So be creative and ease the transition as much.

Always Use Protection

Always use protection for both of your sake. Sometimes she will lose all the passion if she realizes you have been with other girls and probably done the same thing: not used protection. Most healthy women will be freaked out. So wait till it becomes absolutely monogamous if you really want to propose that to her.

FROM APPROACHING
TO SEX IN UNDER 30 MINUTES



From Approaching To Sex In Under 30 Minutes

While in college, I was counseling women with sexual issues. It started with a couple of women who were friends and grew into something so big that word-of-mouth caused random women to approach me for sex advice.

During this time, I discovered one thing: Almost every woman had sexual fantasies and desired to participate in sexual adventures that some would label “promiscuous.” Women are generally afraid to be labeled as a ‘slut’ and subsequently hold themselves back to avoid the social and peer pressure associated with this label. One thing held true: The woman would ride the wave to their fantasies of sexual adventures if the right man approached them.

Based on this experience, I can assure you that women won't think of you as weird or creepy for trying to have sex with them right off the bat. Very often women desire the same goal; they just want be assured that they will be safe and not hurt for going with it. Bottom line, if women did not enjoy sex or want sexual adventures, there would be no threesomes, orgies, swing, or BDSM happening outside of porn.

As we have mentioned before, we do not want to convince or manipulate a woman into having sex with us, but rather to present ourselves in a way so they feel comfortable in getting sexual.

Take a minute to think about that statement.

It all stems from the belief that women are just as sexual as we are. We don't *need* to trick them into having sex with us – and let's be clear – women aren't going to do anything they don't want to do. So many women have the same goal as we do; they just want to make sure you do not turn out to be a bad mistake they are going to live to regret.

If you are a confident man who is not turned-off by a woman's confidence and her desire to enjoy sex then you are the kind of guy women are looking for. If you have adopted the mindset and learned the skill sets from this book then chances are your interactions will display the qualities of the sexual and confident man around whom women feel feminine and comfortable.

Seduction is very easy and seduction is fast. It is more challenging to exchange numbers and meet a woman over a date than to make sex happen in under 30 minutes of meeting her. The key is to escalate the process and go with the flow. If you try to slow down the process or allow yourself to doubt for even a second that it is happening too fast, it will be game over.

I really dislike using technical terms as it sounds cold. Seduction is passionate and warm. When you meet a woman you are attracted to, you keep escalating the process out of passion because you can't hold yourself back. Let yourself feel as if the world will come to a crashing halt if you do not have her. If you do this, she will need to feel the same and will act on her impulses and make sex happen.

Everything we have done so far, everything we have learned, everything we have practiced will be the fuel that will make our passions explode. It is everything you need to make sex happen so quickly.

Make sure you have good fashion sense. If it doesn't come naturally, go to popular stores and look at mannequins. Ask the sales reps what works. Ask girls' opinions in the store. You never know – you just might meet a girl that way! Women greatly appreciate a guy who knows how to dress, who takes the time to think about his appearance, and who stays up on current fashion trends. And remember, don't be cheap! Quality of dress goes a long way.

Make sure you have solid eye contact, body language and tonality. **You need to make a strong first impression.** You want her to be curious and want her to know you on first sight. You want her to notice the confidence in your walk, the way you speak and how you

make eye contact. You want to come across as friendly and non-threatening with your smile and gestures. If you have accomplished this, the biggest part of the battle is over.

You're ready. It's time to take action.

We are going to use the same tools as we have discussed in previous chapters, but now we're going to use a different pace. We will:

- Approach
- Talk and use the right body language
- Display sexual interest while getting to know her
- Get Sexual
- Initiate Sex

Approach The Group

When you see a woman you are attracted to, walk up to her immediately. Walk slowly, with confidence and a smile on your face. Make eye contact and hold it. Add a silent, "Hi," or an I-like-you expression.

If you have made an eye contact but are not able to approach her due to circumstances, keep holding her gaze as often as you can, for as long as you can. Never be the first one to break eye contact and always have a smile on your face while making the eye contact.

Finally, just walk up to her. Touch her and the other members of her group as you speak the very first word. This shows you are confident and comfortable touching other people. It doesn't have to be a bold touch, but rather you can do something such as lightly touch her hand or arm, or place your hand on someone's shoulder in the group as you say hello. (See below) The first impression will allow you to successfully seduce her without coming off as creepy.

Side Note: *If you are looking to meet women and have sex with them right away then you will need to be a tad bit more aggressive. You are better off letting her know your intentions sooner than later. If you approach a woman and flirt with her for 2 hours only to find out that she is not going home with you, your night is gone. On the contrary if she is aware of your intentions and she rejects you early on, you can move onto the next woman.*

Start by extending your hand for a shake or tap gently on the shoulder. If you end up shaking hands with her, don't press too hard, but make sure you have a firm but gentle grip. A wimpy hand shake is a major turnoff! The key: pull your hand away slowly while brushing her palm. A woman's eyes always end up glowing with this touch. You instantly sub-

communicate that you like touching her but it is not screamingly obvious – subtle but very powerful.

Address everyone in the group with your opener, not just the woman you are interested in.

You want to win the entire group so they do not object when things heat up.

Talk to Her Using Effective Body Language

Establish your presence.

You want the woman and her friends to accept you as a socially well-calibrated guy. You want to get their attention, have them like you and get her comfortable with your touches.

Maintain a relaxed posture and retain strong eye contact while talking with her. Keep everyone in the group involved. Maintain eye contact with everyone and continue to touch everyone in the group. Don't overdo it, but use tools such as high-fives and knuckle-bumps to establish a physical touch.

You need to maintain high energy in your tonality at this point. High energy is contagious. Everyone around you will feel pumped-up and will contribute to the conversation. They will feel good with your presence. Remember to be genuine! Don't be a dancing monkey or put

up an act to win them over. You want the woman and group to like you for your social skills and personality, not for your act.

It can be really cool to put-on a show and capture every woman's attention, but it speaks more of your skills than of *you*. We want them to admire and appreciate *you*, not your gimmicks.

Talk about something fun and interesting. You can start with something as simple as, "What are you guys celebrating tonight?" but make sure to steer it into something interesting. Relationships usually make a good topic to have every one pitch in. Refer back to the previous chapters on Openers for a refresher on steering conversations.

Find opportunities to give sincere compliments. If you have done your homework, this will be easy.

As you progress to the next steps in the seduction process you will, from time-to-time, keep coming back to address the members of the group collectively and/or individually. You will continue to touch them from time to time and you will continue to have interesting discussions. While all of this is going on you're simultaneously increasing efforts to get sexual with this woman. It will all fluidly run together.

Display Sexual Interest While Getting To Know Her

Most of the job will be done with your eye contact and touching. Getting to know her will give you opportunities to continue to touch her and get sexual.

Ask open-ended questions that allow her to give more information about herself and use those answers to display sexual interest in her. Use words, tonality and touches. For example, after asking what the group is celebrating and she replies that she received a promotion at work, appreciate it with high energy. Give her a high-five and hold her hand at the end of the high-five instead of just pulling away. She will get a clear signal from the extended hand-hold.

Continue talking and in few minutes notice her hair. Touch her hair on the back of her head right above the neck. Gently play with her hair and tell her that it is beautiful. Then, look into her eyes and slowly look away.

Continue talking to the group but then look back into her eyes. Hold the gaze for few seconds and then slowly look away.

Divert your attention back to her and ask her more questions. This time, rub her gently on her back while talking to her or brush her arm while giving her a compliment. Remember to

keep looking into her eyes as often as you can and to look away slowly after holding the gaze for few minutes.

A few minutes later, look at her hands and tell her she has such cute, small fingers; or tell her that she has really soft hands/skin. Then look into her eyes while holding her hand. Gently look away while slowly releasing her hands.

Do this a few times and she will have no doubt that you like her.

Get Sexual

When you touch her often and blend it with compliments, she will know your intentions without a doubt. At this point she *may* reciprocate your touches – but not necessarily. Some women are shy and are not comfortable showing their feelings that quickly. As long as she does not object to your touches, it is a good sign.

For this reason it is important to keep touching her to make sure she gets your intentions. If she missed the first ten touches, hopefully she will gather by the fifteenth that you are trying to get sexual with her.

After you have initiated a few touches that are sexual in nature, you can start taking things to the next level.

Ask her some more questions, holding both of her hands and looking into her eyes. Say, “You’re all right, girl” or, “You’re adorable.” At the end of the sentence slowly pull her towards you and go for the kiss.

If she turns her face away, it could be that she did not see the kiss coming or that she is shy. In either case you need to generate more attraction before you can go for the kiss again. Start talking to the group again. Make them love you more.

Continue getting to know the woman and continue to touch her. At this point she is well-aware of your intention, so if she does not like you, she will stop you from touching her further. Touch her four or five times more while continuing to generate attraction. (Use the skills from the chapter Creating Attraction. This includes everything from displaying high values to touching and teasing. If she does not object or reciprocates with touches of her own, go for the kiss again. This time it will happen.

Once in a while you may find that she is giving you all the positive signs but is resisting the kiss. Usually this is because she is uncomfortable kissing you in front of her friends. If you suspect this is the case, slowly lean towards her and whisper in her ear, asking if it’s because

her friends are present she doesn't want to kiss you. If she says yes then continue to talk to the whole group for few minutes. Hold her hand and tell the group, "Guys, we're gonna go to the bar. Anyone need anything?"

Keeping a-hold of her hand, move away from the group and start walking towards the bar. Make sure not to walk too fast. Stop at an isolated corner or a little before the bar but make sure it's away from her friends. Look into her eyes holding both of her hands and go for the kiss. It will happen this time.

Continue to escalate sexually once the kiss barrier is broken. Every few minutes look into her eyes and give a soft squeeze to her hands or a brush of her arm. Kiss her on the neck, softly bite her ears, lips and neck. Don't do it all at once, but rather in intervals. Keep talking to her and her friends as this continues – don't isolate from the group just yet. Your goal is to build up sexual tension to a point where she can't hold back any longer. Now, it is time to initiate sex.

Initiating Sex

There are three things you can do to have sex at this point.

Walk to the men's room with her,

Walk out of the bar to your car, or

Drive home with her.

There are, of course, many other scenarios or ways to make it happen, but these are the three most common and easiest to make happen.

When you have the woman in a state where you know she is ready to have sex with you, hold her hand and start walking towards the men's room. Do not walk fast and do not walk all the way there at once. Take few steps, stop and make out with her some more. Get sexual, pin her against the wall, squeeze her hands, bite her some more, then start walking again.

Take a few more steps and stop again, repeat the process and sexually escalate. Keep doing this until you reach the men's room. Once there, look into her eyes and say something like, "I can't help myself." Lead her in and walk into a stall. You know what to do next.

One important thing to note: Make sure you have visited the men's room in advance. If there is an attendant, tip him \$20 and tell him you might bring someone in later. He will probably tell you that it isn't possible, but usually they are OK with it. The last thing you want is to be interrupted by the attendant after you bring her in. This can sometimes kill the sexual state so be prepared.

If you happen to be in a big hotel in Vegas you can get away with paying \$20, but often you will find the attendant has changed his mind because he does not want to risk losing his job for such little money. I personally find \$100 always guarantees entry in Vegas. I even had the attendant put an Out of Order sign in front of one of the stalls because he knew I was going to come back with a woman.

You may also find that the woman isn't comfortable getting sexual for the first time in a Men's room stall, especially if there are a lot of people already there. Your next best bet is to step out for a walk and inch towards your car just like you would to the men's room.

Finally, you can always drive to your place. Follow the same strategy of changing venues and move towards your house. If you have led her to the car and you're getting sexual, start the car, make out some more, then start driving. Once you start driving look at her and tell her, "Pull your pants down and start to masturbate."

As shocking as this may sound, I have never had one woman refuse me. I have had several students attest to the same. I have had almost every single girlfriend of mine masturbate at least once or twice a month in my car and, for whatever reason, women love it! You can be as creative with this as you want. The idea is to keep her turned on until you reach a venue or your house.

This is all it takes to make sex happen in under 30 minutes. The key is to work on your personality and become a confidant and social guy. Once you accomplish this, approach women and escalate sexually as quickly as the interaction will allow. Practice for some time and, soon, it will be second nature.

USEFUL RESOURCES

Useful Resources

T.E.A.S.E (Tonality, Eye Contact, Animation, Sexual Escalation, Energy)

T.E.A.S.E are the most important elements that acts as a catalyst in generating attraction and making seduction happen. Everything I have taught you so far is implemented using various degrees of T.E.A.S.E. Implementing the right level of T.E.A.S.E at the right time is what gets the job done. For example using high level of energy when initiating the touch is what distracts women from noticing the touch. But a touch with high energy at the time of seduction will kill the sexual tension and backfire.

In the next few chapters I will explain these individual elements and how they change in intensity with different levels of interaction.

Important: The information I am about to present is a general guideline. How much and how to use T.E.A.S.E will vary from individual to individual. For example a guy who is 6'5 and weighs 300 pounds has a strong presence and needs to appear friendly not aggressive vs. a guy who is 5'7 and weighs 150 needs to appear dominant with their T.E.A.S.E.

Understand the principals in the next chapter and tweak them based on your personality. This is what we do for students who take workshops with us but it is impossible to do it for thousands of readers who will read this book.

Tonality

Tonality is the sum of relations, melodic and harmonic, existing between the tones of a scale or musical system. It is a particular scale or system of tones. Historically human beings have conveyed emotions using different tones.

Your tone of voice is very important when you talk with because it gives listeners the signal about your mood. Your tone carries information about your emotion. You often use a higher pitch to show that you are friendly and approachable. Deeper voices carry more authority and you will use a deeper voice when you give specific instruction and so on.

It is important that you spend time learning what words to say but equally important to know how to say those words in order to get your point across. A study on how the actual meanings of words were broken down between words, tonality and body language yielded surprising results for many.

The study showed that the choice of words is very important but the words themselves only accounted for 7% of the meaning. The way you say the word and the tonality you used was responsible for 38% of the words meaning. The remaining 55% of the meaning was derived from the body language and nonverbal cues.

Use of different tonality in the language will change the meanings of the statements you make. It is important to understand the different ways you can say words as meanings will change when your delivery of the word changes.

For example, there is only one meaning for the phrase 'I hate you'. However you can change that meaning if you change your tone as you say the phrase. You can say 'I hate you' in ways that would imply 'I love you'. There is a way to say 'I hate you' that is stern and serious and a way to say it playfully and so on.

As an exercise squeeze all of the meaning out of key words you use in your language. Then match the tone and feel of your voice with the feelings or ideas you are attempting to convey. When you learn how to accurately do this and practice it into perfection you will be able to bring your words to life for your listener.

The language you use will begin to be filled with the actual meaning and feelings that come from your choice of words and the way you say them. For instance if you want someone to

feel relaxed, you won't scream at them to relax you will say the word using a mellow and calming tone of voice.

In doing this you are letting the tone of your voice do the hard work and you convey a state of mind or feeling.

Understanding the principals of tonality and applying them effectively in your sets will get you instant, powerful and uncontrollable attraction. You will be able to control every stage of the interaction and lead it to where you would want it.

For example you need to initiate the conversation with excited tonality. People usually feel good and excited when they hear excitement in voice. This makes them comply. If you approach women with excitement in your voice you will certainly get a response. On the same note if you give women confidence without excitement in your tonality it come across as insincere and fake.

As the set progresses you continue with excited tonality until you start to get sexual. Once you start getting sexual you need to project confidence in your voice and you will do this by using moderate tonality. Not too excited but not to dull---Just perfect.

I will obviously have to hear you speak before I can give you specifics to fix your tonality. In the meanwhile hear actors like John Wayne, Sam Elliot and Pierce Bronson talk. You will hear the confident tonality.

Never underestimate the power of tone of voice and dialect. This can also be subtle differences in how a person uses the language too snooty or too low-class can summon unconscious associations and possible prejudices. There's also the problem of understandability, which applies not only to people from other cultures or nations, but also inter-generationally. Some television programs have their characters speaking so rapidly and often softly that folks of an older generation can hardly hear or keep up even with the volume turned up.

Exercises

Exercise 11.1 – Watch Movies

Watch few movies with John Wayne, Sam Elliot and Pierce Bronson to get an understanding of confident tonality.

Exercise 11.2 – Practice Tonality

Pick a phrase and practice delivering it in various tones. For example take the stament I like you. Now say it so it comes across like you mean it. Make changes to your tone to make it sound sarcastic. Vary your tonality again to make it sound mean or funny.

Eye Contact

Eye is one of the most important nonverbal channels you have for communication and connecting with other people. "The cheapest, most effective way to connect with people is to look them into the eye." Eyes are not only the "window to the soul", they also answer the critical questions when you are trying to connect:

Is he paying attention to what I'm saying?

Does this person find me attractive?

Does this person like me?

Eye contact can do amazing things to generate attraction. One of the most significant factors for attraction to happen or fail is the ability to make eye contact. Pay attention to people when talking. People who are romantically involved or are flirting will make frequent eye contacts. On the contrary when people are engaged in a platonic conversation they hardly make eye contact.

You can make a woman feel attraction by establishing an eye contact. Next time you talk to a woman try to hold her gaze. Continue to look at her eyes even if she is not making an eye contact at first. Hold her gaze a bit longer than usual when eye contact happens. Continue to look at her eyes for next eye contact. Soon she will look again to see if you are trying to make

eye contact. Upon second eye contact she will get the message that you are trying to get sexual and she will experience similar emotions.

The beauty of eye contact is that you can convey your feelings without saying a word and from a distance.

Eye contact also conveys your confidence and comfort level. Often men will touch women or say things but not make an eye contact. For example the other day I was teaching a student. He was supposed to touch a woman's hair and compliment her after approaching. The student touched her hair and even complimented but failed to make an eye contact. This woman instantly noticed it as a sign of insecurity and his interaction died.

When I confronted him for avoiding eye contact he mentioned that he was not aware that he was avoiding eye contact. In the next set he deliberately forced eye contact while getting sexual and got an instant make out.

Such is the power of eye contact. A good strong eye contact can deliver a woman into your arms in no time but it can also kill any attraction a woman had for you if done wrong.

Eye contact is also very useful to get playful and teasing.

As you put to use the teachings from this book including openers, transitions and sexual escalation remember to maintain eye contact. Practice conveying sexual intent using eye contact. Practice to hold people gaze when and where you want. Practice maintaining eye contact for extended duration, but remember to have pauses in between or you will intimidate the person you are making eye contact with.

Next time you see a woman you find attractive, make an eye contact right away. Look into her eyes a second longer than you ordinarily would. Smile when you make the eye contact. Then start walking in her direction right away.

If you cannot establish an eye contact start walking anyway and may be you will get an opportunity on the way to establish eye contact and smile. Then continue to talk to her and get sexual while making eye contact from time to time. Make sure to hold her gaze while giving her a compliment, getting sexual, teasing or right before the kiss.

Practice the right way to make an eye contact and you come across as dominant and sexual--- traits most women want in a man.

Exercises

Exercise 12.1 – Practice Eye Contact

Start making eye contact with everyone. When walking on the street, paying cashier at the grocery store start getting into the habit of looking into their eyes when talking.

Exercise 12.2 – Practice Eye Contact With Women

Go out to a bar or club. Make eye contact with every woman that crosses your line of sight.

Exercise 12.3 – Force Eye Contact With Women

Keep looking at a woman eyes even if she is not looking at you. See if you can make her to look your way and establish eye contact by simply looking in her direction.

Animation

Animation refers to your facial expressions and body movement while you talk to other people. Magicians, stage actors, hypnotists and rock stars use animated gestures to captivate their audience's attention.

Few years back I got myself a new hairstylist. Every time I would go to him for a hair cut I enjoyed the way he talked to me. It took me some time to recognize that he was capturing my attention with the way he moved his hands and with his facial gestures. I started imitating them and soon I was engaging women in pleasant and fun conversations with me. Most people are tired or restrain themselves in the social polite zone. They are afraid to move or take up space. Most men and women have simple and boring gestures when they talk as a result the conversation turns boring in no time.

Think about the actor Jim Carey or other comedians like him. What makes us laugh? Is it their words or is it their expressions coupled with words? Think about a sad scene from your favorite movie. Is it the situation or the expression on actors face within the situation which makes us experience sad emotions? Now think of any drama or comedy movie. Most of them have funny and sad moments. How does the same actor make us feel different emotions within the 90 minutes of film duration?

The answer is his or her expressions convey the gravity of the situation he or she is in using their expressions and gestures. Our brain then picks up on those gestures and we experience their emotional state.

This is something we do all the time in our life without even realizing that we do it. We are extremely happy and spread our arms wide open to receive a loved one when we see them after a long duration. We frown when we do not like something done to us by the other person.

Think what mimicry artists do? They use their facial expressions to deliver the story and convey emotions.

Men who lack confidence with women don't smile, have nervous expressions and experience scared emotions. When you approach women have animated happy, excited and positive emotions displayed. This puts women in good mood and they respond well.

Move your hands and take space. Moving hands and taking space shows you are comfortable and not afraid to take space. This sub communicates confidence and dominance to women.

Use gestures to tease women. Don't be afraid to show your tongue to tease her. Be playful and use your eyebrows to show suspicion.

The mixture of these gestures will have you come across as playful, dominant and in control. You will come across as a passionate guy. Women will feel more submissive, feminine, sexual but safe in your company.

The amount of animation once again will depend on your personality and physic type. A guy wearing motorcycle jacket or Goth jacket cannot be too funny. And a 6 feet tall man who weighs 250 pounds cannot be too serious or he will come across as intimidating and scary.

Until you take a workshop ask yourself if you come across as intimidating or friendly. Assess your fashion, personality and profession. Take a position that will give you the edge. Then use animations that are appropriate for you and control women's state of emotions at every level of the interaction.

Use friendly animation when you approach them and during the early part of the conversation. Get little serious when you investigate about them. Display playful gestures when you tease them. Move around so initiating touch will be easy. And finally have mixed expressions when you start getting sexual.

Practice the right level of animation and see how you will be able to control the direction of your interaction with women.

Exercises

Exercise 13.1 – Watch Jim Carey

Watch a comedy movie with Jim Carey then watch his movie “Eternal Sunshine of the Spotless Mind”. You will immediately notice the impact his animation or lack of has on how you feel.

Exercise 13.2 – Watch A Movie With Volume Switched Off

Watch a movie with volume shut off. See if you can identify the emotions based on facial expressions and animations. Then play the scene back this time with volume turned on to make sure you guessed it right.

Sexual Escalation

Sexual escalation is what reveals your intention to a woman that you seek to be more than friends. In the absence of sexual escalation, unless you vocalize your intentions, you run the risk of conveying that you intend to be with her for nothing more than social interactions.

As I mentioned earlier in the book, a recent study revealed that men who touched women before asking her for dance got way more positive responses than men who did not. The rationalization was that by touching, men appeared dominating. The point is that you need

to start touching women as soon as you approach them. In fact, from my perspective, you should touch them with your eyes even before you approach them.

You should make eye contact then approach with a smile. Touch her right away. If you shake hands, make it firm and release as slow as you can. This sends a very strong message and you can use it on anyone anywhere, from your doctor to a business associate.

Most men are afraid of touching women. They will spend hours before they initiate any form of touching. This exhibits very low value. You should try touching women and keep escalating. Don't worry about too much touching— they will let you know when it is too much and you can learn from that experience. I can assure you that no woman is going to slap you for escalating unless you directly start to grope her or something along those lines.

Start with small touch and see how she reacts. Does she move back, does she give you a weird look or does she not care? At this point, either you can continue with your routines and escalate or take a step back and throw more attraction routines depending on her reaction.

Here are certain tools to help you escalate:

- Challenge her for thumb wrestling.
- Challenge her for a staring contest.
- Do some palm reading.

- Run trust test (credit Tyler Durden).
- Take her hand often and then release quickly.
- Use every excuse to touch her on the shoulder or where ever you can.
- High Five her anytime she acts or says something cool.
- Use teasing. Hug her after calling her a dork.
- Role Play.
- Lean close to her neck to smell her perfume. Compliment her that she smells nice and ask what perfume she is wearing. Pointer—wear good cologne yourself so women can do the same to you. It happens to me all the time.
- If you have succeeded with few of these, continue to escalate by touching her hair.
- Then go for the kiss.

You should be the touchy feely guy who touches everyone all the time. I have heard so many times from women that they love how I touch them. I touch them every few seconds for just a bit. I will softly brush on their entire arm. I will give them a quick squeeze, look into their eyes and squeeze their palm. I love touching my finger tips with theirs. Depending on how long I have known them, I will grope them and do all sorts of escalation. This maintains and increases sexual tension. This gives women reassurance that I am sexually interested in them.

They get attention through touching and so they love it.

From now on, you should always be touching women as much as you can. You will soon notice sparkle in their eyes when you start touching them. Remember you are a man and there is no shame in a man wanting to get sexual with a woman.

Exercises

Exercise 14.1 – Approach & Touch

Approach three women and touch them right away.

Exercise 14.2 – Pick Two Tools

Pick two tools and use them to escalate sexually (touching) at least three times this week.

Add one more tool every time you go out.

Energy

This topic deserves special attention, so I decided to have a separate section for it. Your energy level has a strong impact on how your interaction is going to progress. Different energy levels result in different outcomes. A simple “Hi” is less effective than a loud “Hey!” when opening the set. Every phase of interaction demands different energy to accomplish the specific outcome desired in that phase.

There is no absolute. Nothing here will work all of the time. Feel free to experiment because everything can be made to work in one way or another. Use this book as a reference, not a commandment. Most of the concepts keep changing with person, personality and situation. For example, I find that women are intimidated quite often by my personality. They start to perceive that I am unattainable. I also freely disclose about my career as a dating coach early on. This can further put me in the player category in their minds. In such situations, I often demonstrate lower value instead of higher value or raise their value. I have done this to come down to their level or things will never progress. So remember, you need to fine tune your moves based on your experience. With time and practice, you will be able to do it very well.

I think the best way to discuss energy will be to relate it to every phase of the interaction.

Opening and Transitioning

This is the phase where I recommend high level of energy. High energy makes you sound fun. Everyone wants to be around fun people. The different openers we use are basically to put the conversation in a fun and interesting mode as opposed to boring “hi-hello.”

A nice, animated face along with high energy and strong body language will always generate results. During the day game or direct game your energy level still needs to be little higher

than the woman's. Not too high. You might sound weird or give her the impression that you are on uppers. Think about the volume and pitch in a night club versus shopping mall. As a general rule, you should never be projecting night club energy in a mall.

High energy puts you in a good mood so you should feel like talking. Routines and teasing then come automatically. If you are low energy, you don't even feel like talking and, hence, the set will die quickly. It happens to me sometimes when I am too tired and don't feel like talking. When this happens to me I start listening to music at the venue and force myself to get in the groove. I also force a big artificial smile. This effort changes my mood in a few minutes. Believe it or not, our body has strong impact on our mind and vice versa.

Physical Escalation

You can get away with any amount of escalation when the energy is high. For everything I build, from thumb war moving to spanking, I do it with high energy.

I never realized that I could ever spank a woman in a bar. Let me tell you, I have done this on consistent level. I discovered this by accident when I was once talking to a girl who was interrupting her friend who was being approached by my friend. Being the wing man I was trying to distract her. So I started talking loud and getting more playful to distract her. At some point, out of nowhere, I told her she was a brat and that I was going to spank her. She

simply offered me her ass leaving me with no choice than to spank her. :) That was it. It was a breakthrough! I realized that with high energy and role playing, you can do whatever you want with no consequences.

Bottom line, use high energy to physically escalate!

Harmony

Harmony or comfort demands a lot more variety. When in comfort, you are trying to bond, attract, tease, escalate and act vulnerable. So your energy keeps shifting. 80% of your energy in comfort is medium or slightly low energy, and only 20% is high. The high energy is only used to tease or escalate to maintain attraction. But if you are using games or some other fun routine to get to know each other, you can be medium energy. The key goal is to establish a deep connection in this phase, and too much high energy or fun can prevent the woman from feeling deeply about you. With high energy you may run the risk of talking for fun as opposed to establishing trust and connection.

Seduction

Your energy levels will vary again for the style of seduction you chose. I like to keep the energy high by cheating on board games, getting into pillow fights or doing body shots. Then suddenly drop it for sex. Be careful trying to initiate sex in very high energy mode. It can sometimes come across as forcing non-consensual sex and kill the attraction right away.

I was once having a pillow fight and without lowering my energy I started to kiss her all over. At this point, we both were still in a playful, opposing/fighting mode so she was combating every move of mine and it became so awkward that we had to stop. If I'd lowered my energy right away or taken a few minutes break and initiated with low energy, it would have worked fine.

There is another approach that I use to seduce women. I deliver sex routines not meant for them in a very sexy and low voice. I talk about how beautiful sex is and beautiful it is to have a woman to enjoy it with, etcetera. This instantly turns them on and leads into sex. This of course requires low energy.

So your energy level will largely depend on your choice of seduction method, but mostly it will always have to be low energy for sex to happen.

Exercises

Exercise 15.1 – Facial Expressions

Stand in front of a mirror and practice talking in different energy levels. Practice different facial expressions as well. Surprisingly, you will have an emotional response to every state. You know that most people will experience these same emotions since we are all socially conditioned.

Exercise 15.2 – Record Tonalities

Take a voice recorder and record different tonalities and pitch tones. Listen to them and gain a better understanding of the impact of different tones and pitch ranges.

Exercise 15.3 – Experiment On Your Friends

Experiment on your friends with different levels of energy, tonality and pitch tone over the phone or in person. Gauge their responses and modify accordingly. So, for example, you are talking to your friend over the phone and the conversation is about to end. See if you can hold it longer by bringing excitement to your tone. If the discussion is going well, see if you can kill it by lowering your energy.

Try the same thing using different tones and pitches.

Make sure to practice this in person.

Exercise 15.4 – Practice

At least three times this week, experiment with this new skill in your real sets. Try to enliven the set or drop the energy of the set when the set is stuck on one level. Try to re-initiate the woman you have already approached using high energy and see if she responds. Oh, and later, send me an email thanking me :)



TEASING

Teasing

Teasing is another topic that deserves our full attention. Teasing is what helps generate sexual tension and heats up things in a good way. You can hold a conversation for hours, but if you do not include teasing, very little attraction will be generated. Teasing is the most powerful tool to generate attraction, initiate physical contact, and to help dissipate sexual tension.

The teasing we are talking about is not the one where we beat our opponent down with a series of insults one after another. Do this and you will be on a very long and rough road to attraction. In order to generate attraction, we need to tease with mixed messages, playful themes, or back handed compliments.

So if you start by saying, 'You have crooked teeth,' followed by, 'You need to chew a gum,' and top it off with, 'You seem anorexic,' you will beat the hell out of her. Sometimes this will motivate a few insecure women to be attracted to you, but for the most part, healthy women will not put up with it. Rightly so!

We have two objectives that we need to accomplish through teasing. First, bring her value down if need be, and second, establish a playful vibe. You will need to bring her value down

if for any reason you think she has higher value than you at the time. Let us say you go to a fashion show and she is one of the runway models. You know she is feeling pretty good about herself after those praises, so you may need to tease her a bit to bring her value down. At this point you can go little stronger teasing. So at this point, you can pretty much pick lint off her dress or fix her make-up or say something like, 'You looked taller in the other dress.' Basically, by doing this you have noticed some flaw in her. Always cap it off with some release. So when you say, "You looked taller in that other dress," cap it with something like, "You still look nice." So you put her down, and then paid her a small compliment to take the pressure off.

Here are a couple of examples:

- Pull something out of her hair.
- Check her out top to bottom and make a face like "Oh well".
- Pointing to something she is wearing, say, "Wow, my grandma has the same necklace".

The next kind of teasing, the less strong one, is where you give her mixed messages. This is also used to escalate physicality. So a good example would be to call her a dork and hug her while you say that. This is how I usually say it: "You are such a dork! I love you," and hug her at the same time. So now it is on—we are teasing but keeping it playful. And notice it is completely appropriate to hug the woman at this point. She will not feel anything weird

about it. This type of teasing should never stop. It should slow down, but never stop even after you're married to her.

- Hug her while saying, "I don't like you at all."
- Kiss her/hold her tight while saying, "God I hate you."
- After you make out, pull back, make a funny face and say, "Nah, wasn't good, let's try again." Then again, "I didn't enjoy it." Make sure you are over expressive so she knows that you are enjoying it and just saying this to keep her kissing. They love it.

Something I do if I see a woman on a regular basis, or know that I will see her on a regular basis, is I totally ignore her like she does not exist. Just fulfill the minimum protocol required and that's it. It bothers women a lot! They are used to getting attention and here is one guy who talks to everyone around her but not her. I cannot tell you how many women I have seduced from the work place and class room by using this technique.

Women feel rejected and insecure if you don't pay attention to them or fall for their games. I learned this when I used to help a friend at his liquor store. I had no game at the time, so out of insecurity, I would ignore these beautiful women who would come to the store only to find out that by doing this, I was destroying their game and making them work harder to get my attention. I saw everything at this store: Women asking me if their boobs were attractive to men women who would tell their boyfriends the story that they fell in the bank and were

naked at the time, women singing and crying in front of me to see if I would take the bait. They would wait until they reached the counter before they would start their act. I would still volunteer my hours at this place if I had more time because I learned so much spending time there.

Here is another story from millions that I can tell. I used to work at this office where I went to school. We had a new hire. She was good-looking and every guy in the office was hitting on her. Even the guys who would visit her at the office would hit on her. Sometimes she would overtly flirt with them to see if it bothered me. I never paid attention to what was going on because I knew it was a trap for me. Few days later, she asked me if I did not like her and worked real hard to qualify herself. Bam! All I had to do was close her, which I did!

Use these tools as soon as you can and for as long as you can. You can still generate attraction without teasing, but as I mentioned earlier, it is very hard! Teasing generates instant attraction and helps with everything, including physical escalation and seduction.

Exercises

Exercise 16.1 – Generic Teasing

Write 5 generic teasing statements that you can use on anyone any time.

Exercise 16.2 – Practice Teasing

Tease 5 people every day for the next 10 days. At least 2 of the five should be strangers. You don't have to go hardcore...just tell her to fix her hair or say “wow that is so 70's but looks good on you.” I don't care what you say or do...start getting use to it.

Don't mind strong reactions—you will learn to tone down and find a balance. Start with your friends if you want to, but apply on everyone.

Exercise 16.3 – Start Teasing

Start teasing women you approach. You need to throw at least one tease every time you approach and no more than three until you know your boundaries.

Jon Stewart and Stephen Colbert



Jon Stewart, the host of comedy central's "The Daily Show," has actually contributed to my pick up skills.

Jon Stewart has amazing animation and facial gestures. I constantly apply them when I am playing around with women. Almost every time I use them, women have noticed and complemented my gestures.

I highly recommend you watch some of The Daily Show's episodes. See how he makes fun of things and how he uses his facial gestures to complement his statements. His gestures are almost childlike in nature. This is great when interacting with women. It helps them loosen up and drop their guards down.

You can use these gestures to handle rejections, to tease, to handle a shit test or simply to have fun.



Stephen Colbert's narcissistic personality is another tool that can be used to tease women or lighten up the mood. You can use his tonality to start discussing sex. You can joke about the pill from "Prescott Pharmaceutical" that gives a boner to women. You can imitate his personality and tonality to brag about how good you are in bed and how all women on this planet want to sleep with you. This is a very subtle, fun and effective way of getting sexual with women.

Howard Stern



Howard Stern has been a big inspiration for me. Not because his ability to attract beautiful women, but to be able to live his life on his own terms. The guy had a dream to have a radio show with no interference. He made it into a reality.

I know right now you are thinking what it has got to do with seducing and dating women. The answer is everything. Howard Stern had to face numerous challenges to get to where he is right now. People thought he was a nut job to think that he could have his own sho where he could talk about anything he wanted with no regulations. Can you imagine the hurdles and challenges he faced? But he did not give up. This is valuable lesson to learn. If you want something, you go and get it. Don't give up until you have it.

When I started to change my life around and get better with women. My friends thought I was crazy. Some of them even stopped talking to me. I did not give up and continued. Those friends who thought I was weird and stopped talking to me now come to me for advice.

This is something I picked from Howard Stern. He is probably the most controversial guy out there. But it does not bother him what people think of him. He has a purpose in his life and he follows his passion with full dedication. This mind set has been a huge factor behind my success with women.

I have learnt to not give up until you have what you want.

His passion for radio has brought enormous challenges in Howard's life, but has also been responsible for delivering happiness, women and fame.

The reason I wrote about Howard here is because when you set on your journey, you will experience some hardships...some embarrassing moments and some real shitty moments. When that happens, I want you to think of this guy and remember you are not alone. You are not alone to follow your passions and become a subject of mockery. There are many others, including celebrities, who share the same fate as you.

You can continue to move forward and succeed in your mission like Howard did for himself or you can stop and hide behind your fear and live a miserable life.

Now I am not here to promote Howard Stern or his show. The truth is I don't even have an FM satellite. I don't even know if FM satellite is a device or a subscription. I am not even suggesting that you like him or hate him. All I am saying is that by being loyal to his passion, Stern has accomplished what he wanted, and so can you.

A Final Word

You have all the information to take control of your dating and sexual life. This is a new beginning for a lot of you. It surely was for me. The best thing about these attitudes and belief systems are that they apply to every area of your life, from business to social arenas, and not just seduction.

However, nothing will change unless you put the knowledge to application. I know lot of people who will make any excuse to not to put their knowledge to application. They feel content knowing that they have knowledge to change things when they want. Let me assure you that the nature of your problems and attitude won't change unless you start using them. If you are telling yourself that you need to lose 50 pounds before making that approach or wait for a wingman or take care of your finances, you are simply being lazy and not making any effort to change your life.

This book is a collection of what you need to know to get your dating life on a new level. However, it is an entirely different thing to use these principles and APPLY them properly.

This is why live training is vital. It's why I get phenomenal results with my clients. That's why they refer me to their friends. That's why most of my clients are by word of mouth. I

get results. I get results for you FAST. I know how to instantly apply this material to your life.

That's why my live training program has a money-back guarantee and fill up extremely fast. I know I can get you results because I've done it hundreds of times with guys from all backgrounds. So, before you leave this book unattended on your hard drive, make a decision to take live training. Whether you sign up for the less expensive 4-student bootcamp or my exclusive one-on-one training, it will make a huge, lasting difference in your life....

GUARANTEED.

Within 3 days, you'll get results with women that you never thought possible. Not to mention seeing how the principles in this book are applied when taking into consideration your personality, lifestyle and the type of woman you're looking to play with, have fun with, or settle down with.

Visit www.attractionmethods.com now and schedule your 30-minute phone consultation and let's see if it's the right move for you. No obligations, no hard selling, just a conversation with me or one of my trained coaches. **Your life is far too important to waste. Don't wait.**

You and only you can make it happen. So whatever your excuses are, get rid of them because there will always be one that will prevent you from taking that first step. Besides, you wanna

train now and reap when that good thing happens. You will not become master seducer right away. It will take time and practice. So start now to be able to bring that beautiful woman to share your new apartment you plan to buy upon getting a raise. Promise yourself to stop making excuses and...

JUST DO IT!

YES, JUST DO IT!